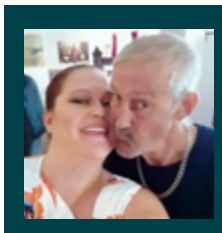
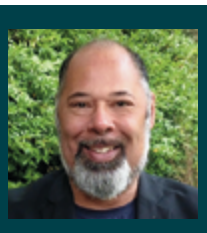
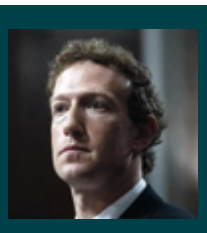


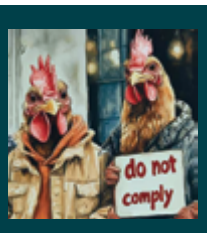
News
'Hospital killed my dad with midazolam'
Page 2



Economy
David Kurten: A budget for the people
Page 4



International
Big Brother's covid censorship revealed
Page 16



Solutions
Egged on to comply with chicken register
Page 21

The Uncensored Truth
TheLIGHT
ISSUE 50 Monthly
A FREE TRUTHPAPER
www.thelightpaper.co.uk

Death probe shifts blame from vaccine

Inquiry fails to address deadly nature of covid injections Page 3

Illusion of freedom

Tyranny effective when disguised as 'democracy'

by **DARREN SMITH**

OVERT totalitarian regimes never last long because eventually the people rebel, after they are trampled down so much that they have nothing left to lose.

What is far more effective is to give people the illusion that they have control so they will continue to suffer while still keeping power and wealth flowing upwards.

Keep the population entertained, disinformed, distracted and with just enough reward/carrot, so they never realise what the system is actually doing and how much better life could be for them, and you will rule forever.

Appearing benevolent is a major tactic in this plan. Offering the masses healthcare, education and social welfare out of their own tax money is a mainstay of Western faux democracies, and one that people love to vote for.

But if we examine the actual mechanics of what schools, universities, hospitals and the public-private (corporatised) healthcare service provide, it soon becomes clear that these institutions are there to neither educate nor maintain health.

Some might believe freedom is the vast choice of products and entertainment on offer, or the different places we can go on holiday. But freedom is not about what we can consume; it's about fundamental choices as to how we live our lives.

Most of us have to work to keep the wolf from the door, and therefore we send our children to school to be indoctrinated into this same system, and on it goes, generation after generation, until we decide to change something; there is absolutely no need for any child to spend up to eight hours per day indoctrinated in an environment that is certainly not for their benefit.

While many may object that they could not possibly work *and* teach their own children, one should ask: how come we can't do this today but we could 100 years ago? Why are we going backwards in almost every way, despite the constant glitzy advertising telling us life has never been better?

Time to remove the wool that's been pulled over your eyes

Social media gives us the illusion of free speech, but once the genetic weapons called covid-19 vaccines started injuring and killing people, everyone was censored for trying to warn others about theirs or their loved ones' reactions.

Currencies are still being devalued and so prices continue to rise; more people are sick, and NHS waiting lists are longer than ever; wages are not keeping up with prices; housing is still unaffordable, and the government is still inexplicably bringing in hundreds of thousands of unskilled economic migrants from foreign cultures to exacerbate these problems.

The quality of everything is declining, from bin bags to spanners to new houses; higher prices and lower quality, everywhere you look.

Obviously, this is the opposite of how things should be, but because human beings are so adaptable and capable, we gradually accept the ever-worsening conditions, all the while not knowing that the cause is the people who control and issue the currencies of the world, by which all of the energy, goods and services we need are priced.

This control keeps people poor and on the hamster wheel, with no generational progression possible, due to the way our economic system works: debt is created by a banking cabal, and money is stolen from us by governments to fund wars and pay back the interest on the debt created by this cabal in the form of taxes. This debt is forever growing, so the tax and work burden will get ever higher until something breaks.

It is not a 'conspiracy theory', a term they constantly use in their wholly-owned media (propaganda) system, but simple fact: central banks are not transparent institutions which exist to stabilise the economy; they are private, for-profit corporations which loan governments credit and which taxpayers are constantly repaying. Giant investment banks also now own most of the means of production, transport and communication – so cartels actually run the world, not elected governments as you have been led to believe.

The entire system is a scam on a worldwide scale, but call yourself The Bank of England or Blackrock Inc. and you can portray the image of decency, moral fortitude and financial honesty, when nothing could be further from the truth.

Now, more than ever, you should find out how the world is actually run, and why things aren't really getting better for the majority of us, as those at the top move us towards total digitisation of the economy, meaning total surveillance and control of everything you do. Please see centre pages.

The less we rely on the government and corporations to exist, the better chance we have of staying free and being able to make our own choices for ourselves and our families.

PEOPLE FUNDED – PLEASE SUPPORT US – PASS ME ON

'Hospital killed dad with midazolam'

Woman told her father would be home soon – hours later he was dead

by **JACQUI DEEVOY**

MANY people all over the UK have died during the last four years, but it's come to light that many deaths registered as 'covid' since March 2020 were due to other causes.

Worse, many people have now come forward, saying loved ones actually died from covid treatments. Others, like Nicola Evitts, are insisting that loved ones were killed with overdoses of end-of-life drugs – midazolam and morphine – which were recommended as a treatment for the virus under protocol NG163 in 2020.

That protocol was replaced in March 2021 by NG191 and, since November 2023, the guideline was changed and the use of the aforementioned drugs is no longer recommended.

"My dad was isolating in early 2020 as he was worried about the covid virus," says 40-year-old Nicola from Tipton in the West Midlands. "One day, he was feeling ill so he called 111 and was diagnosed over the phone with covid."

Her dad, 59-year-old Martin Duffield, was taken to A&E, kept on a ward for 16 days and was then sent home 'covid positive'. "None of the family were told he had the virus and there was no care package in place," Nicola says.

Proud dad, grandad and great-grandad, Martin was home for four days but had to be re-admitted on the fifth day. "He was heavily bleeding from his back passage on arrival at the hospital and a DNR (Do Not Resuscitate) order was issued ten minutes later," remembers Nicola.

Nicola Evitts with her dad Martin Duffield

"The doctor told me on the phone that evening that he'd had in-depth conversations with him about having a DNR and that my dad was in agreement. Trouble was, my dad had trouble understanding and definitely wouldn't have understood what the doctor was saying to him. I disputed it and was told 'your opinion is irrelevant: we medically overrule you'. Those were the doctor's exact words."

Nicola's dad, a former glass-blower, had been in hospital two days when she was told he had covid and had to be put on a continuous positive airway pressure (CPAP) machine. "We were told the CPAP was working; that he'd been on comfort breaks and was chatting and eating," Nicola recalls, "but the truth was that he was being starved and had been put on end-of-life care. The docs told me he'd be home soon and that all signs were positive. Ten hours later, he was dead."

Sadly, Nicola did not find out about her dad's death for five hours, as the hospital were calling to inform her on a phone number she had not used for ten years, despite the fact they had been calling her on the correct number for the previous 22 days.

After his death, Nicola got hold of her dad's medical records and was horrified by what she found out. "It says in his notes they told him he was going to die and that he asked for me: that destroys my soul."

Sales manager Nicola, who appeared in the 2021 documentary *A Good Death?* (produced by Ickonic Media), where she and several other grieving families exposed the truth about the shocking and untimely deaths of their loved ones, adds: "I also saw in the notes that he'd been given midazolam and morphine.

"Why? I looked into it and know now that these end-of-life drugs – which should never be used together – were being given as a treatment for covid. They gave my dad too-high doses of these respiratory suppressants and I believe that's what killed him."

Nicola has spent the last four years researching these medications and writing to the hospital, trying to get answers. But she feels she's going round in circles.

She says: "After speaking to so many other people who've been through similar experiences – losing loved ones suddenly and without proper explanation – in care homes and hospitals, I now believe my dad was one of tens of thousands. I've tried so hard to get to the bottom of it all but it's not been easy. Over four years have gone by and I'm still waiting for answers."

- ***Hear Nicola tell the full story in* 'A Good Death?'*: https://tinyurl.com/ypxa9rz6***
- ***To support Jacqui's new book,* 'Murdered By The State', *visit: https://tinyurl.com/242k48fe***

The LIGHT
Oct 2024 The Uncensored Truth

Distributed independently to remain fiercely free of the establishment we seek to hold to account.

Original content is Creative Commons, 2024. **thelightpaper.co.uk**
For all subscription issues, please contact:
subscriptions@thelightpaper.co.uk
For all distribution and pre–orders,
please email: **lightdistribution@mailbox.org**
For advertising enquiries, please contact:
ads@thelightpaper.co.uk

Editor: Darren Smith **Sub–editor:** Harry Wundas
Layout: mi.ki **Distribution:** Cath Swann & Matt Smith
Advertising: Nicola Kelly **Subscriptions:** Ross & Rebecca Pename
Proofreading: Shane F, David K, Jerry R, Alan I, Stevie M,Tracy S

Special thanks to every one of our distributors and hubs who volunteer every month to bring you the uncensored news.

To keep our paper FREE is not free – you can help by ordering advance copies, donating or subscribing at:

https://thelightpaper.co.uk

'The greatest tyrannies are always perpetrated in the name of the noblest causes.'
Thomas Paine

Death probe shifts blame from shots

Inquiry into young man's death fails to address deadly injection

by **SERENA WYLDE**

INDUSTRIALISED medicine moulds its army to give blind obedience to prescribed parameters over clinical observation. Wearing blinkers is obligatory.

And if one's salary depends on one not seeing, that is a strong inducement to wilful blindness.

Medics are arguably more vulnerable to authoritarianism - because of their years spent in hierarchical institutions - than your average self-employed person with no higher education.

The NHS has become a political spider's web of entrapment that lures and browbeats the population into receiving unnecessary and harmful interventions with devastating consequences, as exemplified by the case of Jack Last, who died from massive brain haemorrhages as a result of being injected with the AstraZeneca covid 'vaccine'.

Jack, a 27-year-old healthy engineer, had the AstraZeneca injection on March 30, 2021, and almost immediately manifested severe symptoms of cerebral blood clots. He attended West Suffolk hospital and, three weeks later on April 20, died at Addenbrooke's hospital in Cambridge, to which he had been transferred.

The inquest into his death completed in 2022 found he had died as a direct result of the covid injection.

Yet three years on from his death, a so-called independent review, commissioned by none other than the NHS Suffolk and North East Essex Integrated Care Board, has attributed Jack's death to 'human error and tragic, unfortunate timing'.

And the entire press pack has rallied to divert attention anywhere as long as it's away from the vaccine itself and the NHS's liability in promoting and administering it.

AstraZeneca is a defendant in a class-action lawsuit brought by 51 claimants alleging serious injuries from the drug, and twelve of the claimants are acting on behalf of a loved one who allegedly died from vaccine-induced blood clots.

In Houdini-style semantic contortions, the review found that Jack was wrongly offered the AstraZeneca vaccine 'months before he should have been, and that staff at his local hospital in Suffolk failed to spot how ill he was after he received the jab.'

Jack Last who died at just 27 years old after receiving covid-19 shots

ITV reported: "If Mr Last had not been invited to have the AstraZeneca vaccine early, he would have been in a later cohort where under-30s were offered the Pfizer or Moderna vaccines."

The review made several irrelevant recommendations, never touching the question of the glaring and obvious need to acknowledge vaccines have potentially catastrophic effects.

An American physician who writes on Substack under the title, *A Midwestern Doctor from The Forgotten Side of Medicine,* writes: 'Doctors are frequently unable to recognise conditions which create cognitive dissonance for them (e.g., by forcing them to acknowledge they have hurt a patient, or accept that the guidelines their medical tribe gave them are flawed).'

The majority of physicians lack the innate capacity to see things they were not taught to filter for, or the willingness to seriously consider the significance of things which do not make sense within their cognitive map of the world.

Because of this, physicians frequently fail to recognise a pharmaceutical injury is occurring.

Or they distrust a patient who claims an injury was linked to a pharmaceutical intervention – since medical education conveniently does not train doctors to recognise these injuries.

They are trained to believe that anything patients report that is not backed by 'science' is 'anecdotal' and most likely a coincidence.

Dr Rowena Slope wrote on news site, TCW in May of 2023: 'Over the past three years, I have observed that healthcare professionals are usually drawn from socioeconomic backgrounds which are readily trusting of authority.

'Many of those I have spoken to have a high degree of trust in government, health authorities and the mass media, and challenging the dominant narrative means deconstructing their world view.

'Instead, they have permitted government to prescribe their behaviour, despite the obvious conflicts with their ethical codes.'

Osteopath and acupuncturist, John Roberts, wrote on TCW last year about the growth of industrialised healthcare, hand-in-glove with the mass media, and how it has become little more than a protection racket.

The system seeks to embed in us the idea that we are destined to contract all sorts of illnesses if we do not march to the orders of the NHS.

We have all seen the adverts claiming a large percentage of us will get cancer, telling us to get 'shingles ready' and to take ever-stronger painkillers, etc.

Roberts drew attention to Austrian theologian and philosopher, Ivan Illich, who in 1974 wrote a book called *Medical Nemesis*.

According to Roberts, Illich suggested back then we were 'over-medicalised', which had led to the creation of pathologies previously considered normal conditions, and argued that this has given rise to mass dependence on medicine, and handed doctors and the industries that support them great power over our lives. Roberts tells us that Illich showed that medicine often does more harm than good.

Roberts also highlighted Sir Ian Kennedy's 1981 book, *The Unmasking of Medicine*. Kennedy, who is an academic lawyer concerned with medical ethics, wondered why people were willing to give the medical profession this power over their lives.

The mantra is that we are living longer, but the reality is that we are marred in chronic disease and pharmaceutical dependency. How many middle-aged individuals are on zero medication? Auto-inflammatory disorders, diabetes, asthma, autism and dementia are now commonplace. Does this really constitute improved health?

So where do we go from here? We start by reassessing what is pure profit and what is essential to our wellbeing. We remind ourselves that many ills are healed with sufficient rest, fluids and proper nourishment, and that our bodies do not require outside intervention to do what they were designed by nature to do.

- ***'Human Error and Tragic Unfortunate Timing': https://tinyurl.com/scu4ne5m***
- ***'Why medics have not pushed back on lockdowns and vaccines': https://tinyurl.com/4x9w2wsj***
- ***'Doctors are bad for your health': https://tinyurl.com/dce4kbra***

Budget for the people

Governments spend billions on things nobody wants

by **DAVID KURTEN**

A RESPONSIBLE government will look after the nation's finances, but for the last 25 years or more, we have suffered the effects of gross financial mismanagement and irresponsibility by successive governments.

The disastrous Starmer regime speaks of a £22 billion black hole left by the fake-Conservatives, who had five Prime Ministers in their 14 years of misrule.

The truth is, however, the UK has a £2,500bn (£2.5 trillion) black hole which is our national debt, and it is growing at £120bn per year, which is our annual budget deficit.

Of this, a whopping £89bn per year goes just on the interest payments to service our ever-growing national debt, before we even get around to buying any useful stuff for the people.

Not that we do. Most of us expect the government to spend our money wisely to fund roads, schools, hospitals, doctors and nurses, etc. Vast sums of money, however, are wasted on ideological profligacy – see box on right.

Scrapping these items (and there are many more) would save £121bn from the national budget without having to put up taxes or cut pensioners' Winter Fuel Allowance, which totals just £1.5bn per year – half of what the Starmer regime is sending to prolong the disastrous and unnecessary war going between Ukraine and Russia.

Of course, our national finances were not helped by the disaster of lockdown. The Johnson regime ran up extra debt of £400bn, which was added to our national financial black hole. This inevitably fed through into inflation, so that real consumer prices (not the vastly low-balled official figures) have increased by about 100 per cent per year over the last four years.

The very first principle of any budget is that we should not spend more than we earn or receive. The government only has two sources of finance: taxation and borrowing. Borrowing more increases the national debt, leading to inflation. Increasing tax rates harms the economy, as the government takes more of taxpayers' money so people and businesses have less to spend.

Ideally, both taxation and borrowing need to be reduced, but state spending needs to be reduced even more. Ultimately, we must not take on any new national debt so that inflation is curtailed at 0 per cent, or as close as possible to it, which will genuinely help everybody far more than headline-grabbing gimmicks.

In the meantime, however, there are certain tax cuts that could be made that will stimulate growth in the economy leading to a virtuous circle.

The Labour government has the erroneous idea that increasing taxation rates will bring in more tax revenue. The Laffer Curve shows that this is wrong.

Up to a point, tax revenue increases with tax rates, but if you increase taxation over a certain threshold, tax receipts begin to go down as the wealthiest people simply move their money to countries with lower tax rates like Singapore or Switzerland.

David Kurten

Government is wasting your money

National debt: £89 billion
Net zero: £10 billion
Ukraine lethal aid: £3 billion
Migrant hotels: £6 billion
Foreign aid: £7 billion
HS2: £6 billion

TOTAL (per year): £121 billion

Every government needs to get this right. I believe at the current time, the highest rates of taxation need to be lowered to 40 per cent, which will encourage more people who contribute positively to the economy to stay in the country, as well as greasing the wheels of the economy as they would have a higher disposable income to spend on products and services.

The Married Couples' Tax Allowance should be increased from 10 per cent to 100 per cent, so that a married couple with children can jointly earn £25,140 before Income Tax. This is good for families, as it would make it vastly easier for one parent to afford to stay at home and bring up their children, rather than trying to get mothers to go back to work as soon as possible after they have given birth.

Inheritance Tax should be abolished. The ultra-wealthy don't pay it anyway as they domicile themselves in the Virgin Islands or some other tax haven, and the families that must pay, see their family wealth decimated as the government cruelly steps in when someone dies to take 40 per cent of their assets, often forcing the next generation to sell their family homes. It is wrong to wilfully destroy the generational wealth of hard-working families.

While most of us focus on what the budget means for us personally, small- and medium-sized businesses (SMEs) are the lifeblood of the economy, which together employ the majority of people in the nation.

It is vital that they are supported and not bled out like a cash cow. Kill SMEs and all you have left are global corporates who will be happy to impose all the strictures of Stakeholder Communism – net zero, diversity, equality and inclusivity targets and coerced or compulsory digital identity.

Corporation tax should be lowered to 20 per cent again, and the minimum wage should be frozen. While it sounds kind to give working people a pay rise, the reality is that businesses that find themselves having to pay £11.44 per hour minimum wage, will simply switch to using AI where possible, leaving many working people with a pyrrhic pay rise and a P45.

All these points relate to the collapsing fiat currency system. If we enter a debt death spiral where interest payments on our national debt rise to a level where they are unsustainable, the current system will collapse and the powers-that-be are ready to step in with Central Bank Digital Currency (CBDC). We are very close to that now.

There is a case to be made for a completely different system using sovereign money, which needs to remain physical, not digital – gold, silver and gold-backed notes, rather than the planned CBDC.

Abraham Lincoln, Andrew Jackson, John F. Kennedy, Saddam Hussein and Muammar Gaddafi paid with their lives for trying to implement sovereign money, as the cabal re-asserted debt-based fiat currency over the plans of these men to bring simple financial freedom to their nations.

In a system of physical sovereign money, privacy would be maintained and prosperity would be guaranteed as the government issues its own sovereign money for people to use, rather than borrowing it from the Bank of England and its opaque owners.

The real benefit to the nation and its citizens is that the state would no longer have to pay usury to borrow cash generated from the central bank out of thin air, which forever requires the people to be burdened with high taxation.

A future of financial freedom is ours for the taking.

- ***Debt interest (central government, net of APF): https://tinyurl.com/4rubzd6p***
- ***Laffer Curve: https://tinyurl.com/u22zn5zj***
- ***Stakeholder Capitalism | Film by Richard Jeffs: https://tinyurl.com/5fa7yk2y***

Waging war on the elderly

You've never had it so bad: Governed by sociopaths

by **HARRY HOPKINS**

THE definition of 'sociopath' – antisocial personality disorder, sometimes called sociopathy – is a psychological condition in which a person consistently shows no regard for right and wrong and ignores the rights and feelings of others.

I arrived in this world in 1949, a time when MPs saw it as their first duty to serve their constituents and to act in their best interests.

At a very early age, I became aware of poverty. By this I mean true poverty, not the relative sort statisticians bandy about today because folk can't afford a TV or a Netflix subscription.

This was the sort where people are homeless and do not have enough to eat. It was there for all to see in post-war Britain, if you knew where to look.

Out playing with friends one day, at the age of ten or eleven, we decided to go to some old bomb shelters not far from our council estate. Living in a bomb shelter were Stan and Rita. I'll never forget their names. They were both unwashed (evidenced by their dirt-streaked faces) and smelled terribly. They had an open fire outside the shelter and seemed to be heating something up to eat, although I don't know what.

My friends and myself became quite friendly with these two adults and began to visit them periodically. I was a bit reluctant to tell my mum about Stan and Rita as I thought she might deter me from visiting them, but I did decide to tell her and, typical of my mum, rather than deter me, she got together a bag full of food and surplus clothing and sent me off to give it to them.

The look on their faces when I presented them with the parcel had a deep and lasting impact on me.

As I got older, I became aware of the very real fact of life that very often it is the 'near poor' who help the real poor. Those who are just about making ends meet, very often will try, wherever possible, to help those worse off than themselves.

I've seen many changes in this island nation we inhabit. In my younger years, these changes seemed quite wonderful, and successive governments were committed to the health and welfare of our country's population. This was known as the 'post-war consensus' and indeed the bomb shelters were eradicated in favour of a garden centre and later on a supermarket.

Government actions reveal how much they really care for their people

I can only surmise that Stan and Rita eventually got themselves a home and perhaps work, but as they were relatively elderly when I met them, maybe they qualified for the pension arrangements as afforded by the post-war welfare state, outlined by William Beveridge in his revolutionary Beveridge Report of 1942.

It seems to me that politicians of all hues in those post-war years were imbued with humanity and compassion. They were acutely aware of the needs of everyday people, particularly the old, the sick and those who, for whatever reason, struggled to fend for themselves.

The five pillars of the Beveridge Report to eradicate want, disease, ignorance, squalor and idleness were lofty ideals indeed.

I never thought in my wildest imagination that I would live to see, in a country as rich as ours, a situation where people had to choose between heating and eating. This choice has been faced by many in recent years, especially since the great robbery of the covid era, when wealth was transferred in huge amounts from the great majority to those mega-rich who seem intent on steering us towards a transhuman society.

How can any government concerned for its citizenry decide to take away a small amount of their money, yet an amount which makes a huge difference to their ability to survive throughout the winter months? How can this be? What can be the explanation?

They know that this action will kill many more people due to the cold weather. They know that around 800,000 people who can claim Pension Credit do not do so, as the question form is an impossibility for many.

They know that nine million people in this country are functionally illiterate (many of whom are elderly) and could never begin to claim via forms.

They know that pharmaceutical companies and armaments manufacturers are making obscene profits. And they know that their figures (£22bn black hole) are pie in the sky and that, with a fiat currency, the day of reckoning is being kicked down the road to some future collapse.

This fledgling government has taken a political decision to deprive the elderly of a life-supporting amount of money.

I cannot help but be reminded of the terrible covid lockdowns, when elderly people were effectively killed in care homes, deprived of medical treatment, and subjected to do-not-resuscitate orders and the use of midazolam and morphine to hasten their ends. It was a crime of unparalleled proportions and this attack on the elderly follows in the same vein.

It's difficult to comprehend, but we have a Prime Minister who perhaps exhibits the symptoms of a sociopath. He has in his thrall either more of the same or a collection of gutless ne'er-do-wells who are so devoid of any experience of human suffering that they do not see it as their duty to resist this war on our population and in particular on the aged.

How long can we tolerate sociopathy being an integral part of government?

We have the potential to be a real human race but the current version of the uni-party is operating with no humanity whatsoever.

I ask myself: where are the ideals as outlined in the Beveridge Report and enthusiastically taken up by a government intent on creating a better world?

Where are the likes of Clement Attlee and Harold Macmillan? Long gone, I fear. Will we ever see their like again? I sincerely hope so, for they are needed now more than ever.

Looking beyond veil of lies

by **MIKE ELLIS**

Become a beacon of light for those lost in the Matrix

When we unplug, we reclaim our sovereignty and align ourselves with the higher principles of wisdom, truth and love

IN *The Matrix*, when Morpheus tells Neo that "many are not ready to unplug from the system", he is speaking a profound truth.

This truth about human nature reflects both the story's fictional world and the real-life metaphysical condition of society.

The 'system' in *The Matrix* is a metaphor for the Illusion – an artificial construct designed to control and subdue humanity by giving them a false sense of reality. Many today are unable or unwilling to see beyond the veil of lies, manipulation, and control.

Morpheus understands that, for many, the comfort of the system is preferable to the unsettling and often painful process of awakening to truth.

People have become conditioned, through years – sometimes generations – of indoctrination, to accept the world as it is presented to them.

To unplug from this system is to face a harsh, sometimes unbearable reality that everything they thought was real, is in fact, a lie. This requires courage, a willingness to embrace discomfort, and most importantly, the readiness to let go of what one thought to be the truth.

Morpheus also knew that those still plugged into the system are often its most ardent defenders. Why? Because the system has become their identity.

To threaten it is to threaten everything they hold dear. For many, it is easier to defend the system than to confront the possibility that they have been deceived.

When Morpheus says that "many will fight to protect it" he is referring to cognitive dissonance.

When presented with information that contradicts deeply held beliefs, people experience discomfort. Instead of questioning the belief or the system itself, they will often reject the new information, to protect their ego and sense of security.

This is why people who are still plugged into the system will vehemently defend it, even when evidence suggests that it is corrupt, failing, or based on lies.

For those who are not ready to unplug, the system represents safety, order and familiarity. It's the comfortable prison of the mind, and to face the truth would mean losing not only this sense of safety but also their role within the system.

In today's world, this concept is strikingly relevant. The system can represent various elements of modern society - political ideologies, economic structures, societal norms, and even religious dogmas.

Those who cling to the system often do so out of fear, ignorance or a desire for control. The system, through media, education and government institutions, programmes people from an early age to accept it as reality. It offers a narrative – if you work hard, follow the rules, and accept your place within it, then you will succeed, be happy and fulfilled. But we know this is not true for everyone.

The awakening process requires breaking away from these narratives and questioning the very foundation of what is accepted as truth. However, those who cling to the system will often ridicule, attack or ostracise anyone who dares question its authority. Why? Because to question it is to question the very fabric of their own reality.

Unplugging from the system, much like in *The Matrix*, is a metaphor for waking up from the collective dream that has been sold to the masses. It's about peeling back the layers of illusion to see the world as it truly is, rather than how we've been told to see it. Yet this process is not easy. It involves dismantling years of conditioning and societal programming. It means facing uncomfortable truths about the world and, more importantly, about ourselves.

For those ready to unplug, the journey is one of liberation – of freedom from the mental and spiritual bondage that the system imposes. But for many others, the fear of the unknown, the discomfort of confronting deep-seated beliefs, and the pain of letting go of long-held illusions are too overwhelming.

The system represents more than just societal control; it represents the materialistic, limited and external focus that keeps people trapped in ignorance of their true nature as divinely created and unique. The system fosters division, fear, and separation.

It teaches people to focus on external validation, material success and power over others.

But in truth, we are all connected, and the real power lies in knowing and mastering the self.

When we unplug, we reclaim our sovereignty and align ourselves with the higher principles of wisdom, truth and love.

But those who cling to the system remain blind to this truth, often because the system rewards conformity and punishes dissent. They see anyone who unplugs as a threat, not because those individuals are dangerous, but because they challenge the false security the system provides.

The strongest weapon of the system is fear – fear of the unknown, fear of losing status, fear of being wrong. This fear causes people to defend the illusion vehemently. They project this fear outward, attacking anyone who threatens to disrupt the illusion they have built their lives upon.

This is why Morpheus says they will fight to protect it. They are not fighting for the system because they believe in it – they fight because they fear what lies beyond it. They fear the truth.

Much like Neo, we must navigate the world with the awareness that many are still prisoners of their own minds, held captive by the illusion. But the task is not to force anyone to awaken – rather, it is to continue living in truth, as beacons of light, planting seeds for those who are ready to see beyond the veil.

Morpheus's words hold an eternal truth: many are not ready to unplug because they are not ready to face the chaos of the real world, where their perceptions, beliefs and identities must be re-examined. And those who cling to the system will continue to defend it until they find the courage to look beyond it.

Why did Zuckerberg confess now?

by **JEFFREY A TUCKER**

ON many subjects important to public life today, vast numbers of people know the truth, and yet the official channels of information-sharing are reluctant to admit it.

The Fed admits no fault in inflation, and neither do most members of Congress. The food companies don't admit the harm of the mainstream American diet. The pharmaceutical companies are loath to admit any injury. Media companies deny any bias. So on it goes.

And yet everyone else does know already, and more and more so.

This is why the admission of Facebook's Mark Zuckerberg was so startling. It's not what he admitted. We already knew what he revealed. What's new is that he admitted it.

We are simply used to living in a world swimming in lies. It rattles us when a major figure tells us what is true or even partially or slightly true. We almost cannot believe it, and we wonder what the motivation might be.

In his letter to Congressional investigators, Zuckerberg flat-out said what everyone else has been saying for years now.

'In 2021, senior officials from the Biden administration, including the White House, repeatedly pressured our teams for months to censor certain covid-19 content, including humour and satire, and expressed a lot of frustration with our teams when we didn't agree.

'I believe the government pressure was wrong, and I regret that we were not more outspoken about it. I also think we made some choices that, with the benefit of hindsight and new information, we wouldn't make today. Like I said to our teams at the time, I feel strongly that we should not compromise our content standards due to pressure from any administration in either direction – and we're ready to push back if something like this happens again.'

A few clarifications: the censorship began much earlier than that; from March 2020 at the very least, if not earlier. We all experienced it, almost immediately following lockdowns.

After a few weeks, using that platform to get the word out proved impossible. Facebook once made a mistake and let my piece on Woodstock and the 1969 flu go through, but they would never make that mistake again. For the most part, every single opponent of the terrible policies was deplatformed at all levels.

The implications are far more significant than the bloodless letter of Zuckerberg suggests. People consistently underestimate the power that Facebook has over the public mind. This was especially true in the 2020 and 2022 election cycles.

Above: Facebook CEO Mark Zuckerberg Below: Facebook's censoring system

Facebook, as an information source, offers power like we've never seen before, especially because so many people, especially among the voting public, believe that the information they are seeing is from their friends and family and sources they trust. The experience of Facebook and other platforms framed the reality that people believed existed outside of themselves.

Every dissident, and every normal person who had some sense that something odd was going on, was made to feel like some sort of crazy cretin who held nutty and probably dangerous views that were completely out of touch with the mainstream.

What does it mean that Zuckerberg now openly admits that he excluded from view anything that contradicted government wishes? It means that any opinions on lockdowns, masks, or vaccine mandates – and all that is associated with that, including church and school closures, plus vaccine harms – were not part of the public debate.

We had lived through and were living through the most significant far-reaching attacks on our rights and liberties in our lifetimes, or, arguably, on the history record, in terms of scale and reach, and it was not part of any serious public debate. Zuckerberg played an enormous role in this.

People like me had come to believe that average people were simply cowards or stupid not to object. Now we know that this might not have been true at all! The people who objected were simply silenced!

During two election cycles, the covid response was not really in play as a public controversy. This helps account for why. It also means that any candidate who attempted to make this an issue was automatically downgraded in terms of reach.

How many candidates are we talking about here? Considering all the U.S. elections at the federal, state, and local levels, we are talking about several thousand at least. In every case, the candidate who was speaking out about the most egregious attacks on liberty came to be effectively silenced.

A good example is the Minnesota governor's race in 2022 that was won by Tim Walz, now running as VP with Kamala Harris. The election pitted Walz against a knowledgeable and highly credentialed medical expert, Dr Scott Jensen, who made the covid response a campaign issue.

Dr Jensen could get no traction at all on Facebook, which was enormously influential in this election and which just admitted that it was following government guidelines in censoring posts. In fact, Facebook banned him from advertising completely. It reduced his reach by 90 per cent and likely lost him the election.

Consider how many other elections were affected. It's astonishing to think of the implications of this. It means that quite possibly an entire generation of elected leaders in this country were not legitimately elected, if by 'legitimate' we mean a well-informed public that is given a choice concerning the issues that affect their lives.

Zuckerberg's censorship – and this pertains to Google, Instagram, Microsoft's LinkedIn, and Twitter 1.0 – denied the public a choice on the central matter of lockdowns, masking, and shot mandates; the very issues that have fundamentally roiled the whole of civilisation and set the path of history on a dark course.

Zuckerberg, of all people, knows the stakes. He may figure that everything is going to come out at some point, so he might as well get ahead of the curve.

His admission provides a first official and confirmed peek into the greatest scandal of our times: the world-wide silencing of critics at all levels of society, resulting in manipulating election outcomes, a distorted public culture, the marginalisation of dissent, the overriding of all free speech protections, and gaslighting as a way of life of government in our times.

- ***Why Did Zuckerberg Choose Now to Confess?: https://tinyurl.com/mpucth3s***

Subscribe and support us at https://thelightpaper.co.uk

Assisted suicide and reincarnation

Canadian writer ***Sylvie Hétu*** interviewed by ***Richard House***

by **RICHARD HOUSE**

***RH*: Assisted suicide (often termed Medical Assistance in Dying, or MAiD) has really taken off in Canada under Prime Minister Justin Trudeau. Can you summarise what's happened to date?**

SH: In Canada (and elsewhere) there's a gradual manipulation going on. It started by feeding a feeling of pride in Canadians for being very 'progressive' thinkers. Canadians are people of good heart in wanting to spare their dear ones' endless suffering. Then, sneaking into this newly encouraged collective feeling, laws were established – one by one, and apparently with very little thought of the consequences. The ground was prepared, and very little opposition was apparent. For if you contest these new laws, you are condemned as heartless. And if you oppose these laws, you're seen as being in a retarded religious mind-state, and you don't understand that the government is beyond religion. Thus are we trapped in a dead-end dialogue.

***RH:* What opposition has arisen to date, and what are the key arguments raised against assisted dying - aka suicide?**

SH: The main opponents are certain doctors, palliative-care practitioners/specialists, pro-life groups and various religious authorities. However, the arguments adduced are not that clear or publicly articulated. It is argued that we, as a society, need to learn to be human with the uncertainty of death, seeing suffering as an intrinsic part of life, and that no one should kill another person.

It's also said that the trend towards assisted suicide is one result of a system, and our society, not having found the way to offer proper palliative support in the face of so many people suffering profoundly, and/or the solitude some can experience such that they just want to die.

At the moment there are also opponents to the next law to be passed on assisted suicide for the so-called mentally ill. It's interesting to notice that these opponents have already seemingly accepted the other laws for MAiD.

***RH:* It sounds as if there are nuanced positions – for example, with some accepting MAiD in some situations, but drawing the line in areas like mental health. Is there also a slippery slope argument, in that MAiD could almost surreptitiously morph into, and even be captured by, a eugenicist ideology – especially when a warm 'n' fuzzy acronym like MAiD has likely been carefully orchestrated to help ease cultural acquiescence.**

SH: Yes, sometimes I feel like I'm in a science-fiction movie! If people have not seen the American dystopian thriller, *Soylent Green* (1973), it's surely time to watch this visionary creation. It certainly has you thinking.

Left: Sylvie Hetu Right: Her book title translates as 'Where do we go after death?'

Real societal debates just aren't happening as MAiD unfolds in Canada, and neither are the consequences being addressed – and certainly not the spiritual questions that MAiD raises. But even if we could only discuss the philosophical and psychological issues, that would be a start. The discourse around the whole field of assisted suicide is unilateral and univocal.

***RH:* You mention spirituality; perhaps that's the place to address the eugenics issue. Is MAiD, in some sense, an attack on the human being, on our very humanity? And is it also an attempt to somehow seize ego-control of human suffering, and deny what psychiatrist, Scott Peck, once evocatively called 'the necessary pain of living'? – and what Nicanor Perlas and Jake Tan argue are essential experiences for humanity's spiritual evolution?**

SH: In order to relate eugenics issues to MAiD and our humanity, one needs to fully address the age-old question: what is a human being? At this point in the discussion we must embrace the spiritual dimension, and the insight I've gained from the great work of Rudolf Steiner – a modern genius who has located humanity's history in an infinitely broader perspective that includes all spiritual aspects over the ages, an understanding of the cosmos and its evolution, and the part we humans have played in it in third-millennium consciousness.

Scott Peck's 'necessary pain of living' certainly fits well with Steiner's shared spiritual knowledge. We then discover why pain is necessary, and why going through it is a path of self-knowledge. Cutting ourselves off from this fact is indeed separating us from our very humanity – let alone the devastating spiritual consequences of forcing an early death because of suffering.

Modern medicine is indeed arrogant, and ignores several dimensions of 'who we are'.

***RH:* You've written a small book on Steiner's understanding of life after death, which I imagine throws light on this. We must remember, after all, that surveys reveal that at least half of the world's population believes in reincarnation, which Steiner did too.**

SH: Based on personal experience and four decades of in-depth, Steiner-inspired research into the afterlife, I am convinced about the reality of reincarnation.

Reincarnation means that we also have a journey between death and rebirth – a journey with several steps that we can go through more or less consciously. In the days following death, we have a process of dissolving our subtle life-body. This implies observing our life panorama as in a hologram. Over the months and years, our astral or emotional subtle body slowly dissolves, to be returned to the cosmos. Only our unique 'I' continues on a quite specific journey.

This whole process simply can't happen in the context of MAiD. With suicide and drugs, the process is severely hindered, and unaware souls are either captured by less benevolent spiritual beings, or soon become aware of what they've done. 'If only I'd known...'

So yes, the consequences are dramatic, and this starts when we're still alive. The limited thinking that materialistic science generates is only one side of the story. There exists a stranglehold of collective thinking that tries to limit reality to what the conventional senses perceive, thus completely sidelining the spiritual reality of our humanity.

Medicine has a blind arrogance. In failing to 'heal' in so many situations, it then attempts to remove the pain – as if pain could be removed. Rather, we kill it – and we call this 'dignity'. And the gods cry at humanity's organised blindness. But we are all free. We have freedom of will. Sometimes it just takes many detours to discover the light.

Sylvie Hétu

Sylvie Hétu is a world-renowned trainer in baby and child massage. She is a trained Steiner teacher, and a lecturer in education and spirituality inspired by anthroposophy.

She has written seven books, including *The After-Life: Our Journey after Death* (details at tinyurl.com/2uhcf7e9)

Left: Chickens are under threat. Centre: Alex Ferris Right: Livestock is under threat

Authority in flap over bird health

Farmers must be vigilant against culling of poultry

by **ALEX FERRIS**

WE moved onto our farm in Dorset last March, and as newbie farmers, were especially interested in regenerative farming and soil health.

When our neighbours asked if we would like to put a 'low-level' fertiliser from their agrochemical business on our fields, I politely declined, preferring to trial compost tea instead.

At that time, restrictions on poultry movements due to bird flu were still active. Adamant that our chickens would not suffer from being cooped up inside, I accepted an invitation to a seminar hosted by vets from the Animal and Plant Health Authority (APHA).

We listened intently to a succession of doom merchants describing a seemingly apocalyptic situation, only remedied by continued intensive movement restrictions and the threat of culling. They showed pictures of sickly chickens cooped up inside, claiming proof through the (now debunked) polymerase chain reaction (PCR) test that this was bird flu.

I asked if they had proof that this virus actually exists, as currently there is none, since PCR is not considered a diagnostic tool. The vet replied: "Well just look at them, they look so ill." Of course birds kept inside will get sick – they need fresh air!

Back in February 2023, I submitted a request under the Freedom of Information Act 2000 asking the APHA to:

1. Specify the exact scientific data, with the source, which supported the decision to use PCR to confirm avian flu, and any other animal or plant disease, since PCR was not created to detect disease, but only amplify proteins. A papaya tested positive.
2. Specify the number of PCR cycles used to declare disease presence.
3. Cite evidence that the spread of disease occurs in flocks, consequently justifying the slaughter of the whole flock or group.
4. Provide evidence of zoonotic (transmitted between species) spread.
5. Provide evidence of the cost-benefit analysis for each decision to destroy a group of animals.
6. Provide details of how, when and to what extent, the APHA is funded.

They responded:

1. As this information is in the public domain, it is exempted from being released via the Freedom of Information Act 2000, citing Section 21 of the Act (information already reasonably accessible). Henceforth referred to as point 1, paragraph 1.
   The decision to use the PCR test to detect avian flu was made following extensive validation of the tests (both for general detection of avian influenza virus or for more specific detection of the notifiable subtypes H5 and H7 of avian influenza virus), and the subsequent publication of these methods which showed the tests to be sensitive and specific diagnostic tools both in their own right and when compared to other diagnostic methods such as virus isolation.
   The PCR tests are also automated to facilitate the testing of large sample sizes which are often encountered daily during outbreaks of avian influenza. The main publications describing the PCR tests used for general detection of avian influenza virus, or for more specific detection of the notifiable subtypes H5 and H7 of avian influenza virus, are as follows (references given).
2. Each PCR test is run for forty cycles through to completion. A positive sample will be noted by a fluorescent signal appearing on, or before, thirty-six cycles of amplification. Any signal appearing after thirty-six cycles of amplification, or no signal appearing at all, will signify a negative test result for that sample.
3. See point 1, paragraph 1.
   APHA follows the lead from the methodologies provided in the World Organisation of Animal Health (WOAH) manual (using the published methods).
   Please find the link below to the website.
   https://www.woah.org/en/disease/avian-influenza/
4. See point 1, paragraph 1. One case 'found'.
5. This information is not held by APHA. An epidemiological assessment of each infected premises is made, but not a cost-benefit analysis.
6. See point 1, paragraph 1. The information you have requested can be found at the following link (link available).

Starmer's government has decreed that all birds, regardless of number, must now be registered by October 2024.

I strongly urge all bird keepers to ignore this request. Unauthorised visits should not be allowed, as they threaten our food supply.

According to attorney Todd Callander on Seth Holehouse's Man in America podcast, self-defence can be used against charges of destroying surveillance equipment used to spy on the public. Surely threats to our food supply are more important? We should be able to use self-defence simply to refuse these visits too.

Farmers and smallholders can erect signs stating: 'No unauthorised entry. Please seek permission for entry in writing.' Upon request we can offer the government a contract such as, 'Every minute spent on the land will cost £1,000. Unsupervised visits are not allowed.'

We will not consent. We will be delivering posters to local food producers in your area. To be included, or for more details, get in touch.

● ***alex@patsonhill.farm***

Make love but not babies

by **NIALL McCRAE**

Depopulation agenda: Abortion and the culture war on conception

WHAT is the real purpose of abortion providers such as the British Pregnancy Advisory Service?

Given vast amounts of state funding, is their primary function to provide safe terminations instead of the notorious back-street abortions of the past?

Or is it more about keeping women in the workplace rather than on maternity leave? Or is there a broader social mission, purportedly to reduce the burden of unwanted children, but really to reduce the population?

The history of abortion is entwined with eugenics. In 1916, the birth control clinic Planned Parenthood was founded in New York by Margaret Sanger.

In her book *Pivot of Civilization*, Sanger warned of 'weeds overrunning the human garden'. She urged segregation of 'morons, misfits and the maladjusted' and 'elimination of inferior races'.

But by the 1960s, this rhetoric was forgotten and abortion became one of the fundamental causes for feminism, with the slogan 'my body, my choice' a rallying cry. Appointed as minister for the Home Office in the new Labour government is Diana Johnston, who reportedly wants abortion to be legalised any time to birth.

Liberalising abortion, though, is not the only concern of abortionists. In 2011, a document produced by Planned Parenthood was exposed by former employee Abby Johnson. Compiled by vice-president Frank Jaffe in 1969, the report features a table titled 'Proposed measures to reduce fertility, by universality or selectivity of impact in the U.S.' The recommended methods include the following (quoted verbatim):

- Abortion and sterilisation on demand
- Payments to encourage abortion
- Encourage women to work
- Reduce maternity and family allowances
- Fertility control agents in water supply
- Discouragement of private home ownership
- Stop awarding public housing based on family size
- Encourage increased homosexuality – Church of God News (cogwriter.com)

Planned Parenthood was not the only advocate of homosexuality as a means of population control. In 1970, Rita Hauser, a noted Republican lawyer in New York, gave a radical speech to the American Bar Association, in which she argued that banning same-sex wedlock was unconstitutional, and based on an outmoded belief of procreation as the primary purpose of marriage. The perceived problem of overpopulation, as highlighted by Paul Ehrlich in *The Population Bomb* (1968), justified for Hauser a social goal of a reduced birth rate: 'and I know of no better way of accomplishing this than marriage between the sexes.' 'Homosexual Marriages Defended by U.N. Aide' - *New York Times* (nytimes.com)

Unfortunately for Hauser, who was President Nixon's ambassador to the UN Commission on Human Rights, these comments cost her the predicted nomination as first female judge on the U.S. Supreme Court.

Herbert Marcuse's catchphrase of the Sixties, 'make love, not war' was perhaps more appropriately worded 'make love, not babies'. That was the decade that launched the contraceptive pill, abortion, careerist feminism - and gay rights leading to normalising of homosexuality.

As explained in my book, *Green in Tooth and Claw* (2024), green and woke are inextricably linked means to undermine traditional society and sex roles. All Western leaders pursue these destructive ideologies, as illustrated by fake conservative British prime minister David Cameron. On leaving office, Cameron declared that his biggest achievement was legalising gay marriage, while he burnished his green credentials with a photo shoot of him on a dog sleigh crossing the allegedly disappearing Arctic ice (to publicise global warming).

Pride promotion, now reaching fascist levels of propaganda, is clearly very important to the globalist agenda. The education system is exploited to persuade children and students to rethink their identity, and transgenderism is probably a major factor in parents taking their children out of state schools.

The emphasis is increasingly shifting from LGB to T, with gender fluidity and sex-change surgery advancing the cause of depopulation. The biblical notion of 'pride before fall' is more apt than we thought.

- ***Green in Tooth and Claw: The Misanthropic Mission of Climate Alarm: https://tinyurl.com/2a4n547n***

Obscene wealth of royal family

by **MALCOLM NAYLOR**

Any criticism of the Monarchy's wealth opens the door to flak from Royalist propagandists

THEY do an admirable job of defending the king's income using a smokescreen to conceal reality. It is submerged in a fog of deceit.

'He works for nothing!' they cry. Does he really? There are plenty working in the supermarkets that would swap with him.

Is his tax-free Sovereign Grant of £132 million, funded by the taxpayers nothing? And is this years 53 per cent increase of £54 million nothing? While pensioners have their winter fuel allowance cut and their care cost cap scrapped.

The Sovereign Grant is for fulfilling official duties, and pays for essentials like two new helicopters, refurbishing his Bentleys, an abundance of lackeys and rebuilding Buckingham Palace. Who else is given tax-free money to rebuild their house and pay for luxury transport? Yes. He works for nothing!

Nor does he need to pay capital gains tax on income from his two Duchys. He only pays tax, 'voluntarily' on his personal income, inheritance and local taxes. Tell that to HMRC.

He owes us big time. Photo: tasnimnews.com

Unlike us, his council tax on Buckingham Palace is only £1,828, and it is £2,365 for Windsor Castle. The occupant of a two bedroom flat pays more.

And our King who works for nothing has seven palaces, ten castles, twelve mansions, fifty-six cottages and fourteen ancient monuments. While there are 4300 homeless people sleeping rough on the streets of London. Oh yes, the king works for nothing!

And his income is boosted by the two Duchy Estates free of capital gains tax. There's no end to this abuse of privilege . He receives 12 per cent from the Crown Estates, so an additional 12 per cent of this year's additional £1 billion isn't bad, is it?

Royalists attempt to cover this up referring to 'esteemed historians' and the king's contribution to charities, without any discussion about what those charities are or why they are necessary in the first place.

The king's gifts to charities are regarded as his contribution to society, but he has the undemocratic privilege of being able to choose which he gives to. Unlike us, whose taxes are used to line the pockets of establishment capitalists, whether we approve or not.

Whichever way you dress it up, the monarchy is an undemocratic concentration of wealth and extortion. And the keystone of the establishment which symbiotically benefits from it.

A royalist suggestion to compare the king's largesse with other heads of state is laughable, as they are all as bad as each other.

All the royals' accumulated wealth comes from centuries of extortion from their 'subjects' using the Roman technique of 'bread and circuses' to keep them compliant. Something esteemed historian propagandists fail to teach. And it's still going on today.

Long-life humans at best-before date?

by **NIALL McCRAE & ROGER WATSON**

POTENTIALLY, average life expectancy could continue rising as it has done steadily since the mid-19th century, doubling from two- to four-score years.

Our 'best before' date depends not only on biological limits but also on experiential factors. If we don't look after ourselves, if we are unfortunately struck by debilitating illness, or if we are exposed to a toxic environment, journeys might be shortened.

Troublingly, in some countries, the upward line on the graph has begun to dip. As reported by the Health Foundation (11 September 2024), the recent fall in Scotland is class-specific, with a widening gap between rich and poor. Drug and alcohol abuse are factors, but not the only reason.

This trend began before the covid-19 'pandemic'. According to a *Guardian* report (23 June 2019) life expectancy stalled in England in 2013 and has flatlined since.

Sir Michael Marmot, Professor of Epidemiology at University College London, believed that government austerity policy was to blame: "I am worried that we are heading along the same route as the U.S.", he said. "We should be investing significantly in health and social care like the rest of Europe." Instead of improving the health of British citizens, it seems that the more money is thrown at the NHS (£185 billion last year), the poorer the outcomes. Hardly the envy of the world.

The U.S. has a similar pattern of regressing endurance. The first reversal in life expectancy was in 2015, falling from 78.9 years of age to 78.7, dropping again in 2016 to 78.6 years. Increasingly, Americans are suffering from multiple morbidities such as diabetes mellitus, arthritis and respiratory disease, and although they receive copious medication, there are no cures in the pharmacopeia for such conditions. The U.S. has the unhealthiest populace in the West yet the highest health spending. Is this despite or because?

It's a complex phenomenon that defies simplistic explanations. Of course, lifestyle is a major factor in longevity. Society is led to believe that patients are to blame for their ills - for eating and drinking too much, lazing on the sofa or polluting the air that they breathe. This gives licence to the nanny state to ban anything with a hint of enjoyment, while the NHS is given yet more money to treat diseases supposedly caused by unhealthy living.

To understand why sons and daughters might, on average, die younger than their parents, we must confront one of the biggest myths in modern society: that the tremendous rise in life expectancy is due to medicine. It was plumbing, not pills, that ended the scourge of cholera. Other infectious diseases erupting in the Industrial Revolution, such as tuberculosis, were tamed by improved domestic and occupational conditions.

But if you ask the man or woman on the street why people live longer today than a hundred years ago, they will credit modern medicine. Arguably, the popular notion is doubly wrong: not only was the increase in life expectancy due to social rather than medical progress, but the reversal is as much a result of medical as social harm.

Unknown to the general public is that one of the biggest killers is iatrogenesis, whereby treatment is fatal. Christopher Sirrs in *Social History of Medicine journal* (2024) described the professional culture that maintains a 'wall of silence' on this carnage.

The medical profession regulates itself and marks its own homework. Medical accidents, when they cannot be hidden, are blamed on individual negligence rather than systemic failings.

Since 2021, we have witnessed the worst iatrogenic event in the history of medicine. But we are not allowed to talk about it. Food & Drug Administration commissioner Robert Califf demanded censorship of health misinformation, claiming that people are dying younger because of 'antivaxxers', who he regards as 'domestic terrorists'. The FDA itself is a disinformation channel, contributing to a totalitarian regime that coerced the American people into taking experimental injections without informed consent. Governments deny that persistent excess mortality was caused by the mass vaccination programme, despite a clear temporal relationship.

A problem-reaction-solution mechanism is underway. Long-term conditions are more prevalent in the lower social classes, justifying more medication, and a consequent cycle of morbidity. Health is the ultimate means of surveillance, as foreseen by Michel Foucault in the 1960s. The problem – people dying younger – will lead to people demanding more medical intervention. The solution will not be more GP appointments, though – it will be technological.

Artificial intelligence will be presented as the saviour. As Tina Woods wrote in *Forbes* magazine (September 3, 2019), there is massive investment in technology to monitor and improve people's health. In the UK, clinical diagnostic centres are opening in every town, moving us towards the model of digital health. Although this development will boost the profits of Big Tech and Big Pharma, cynical readers may not be assured of any positive rewards in human longevity.

Photo: Towfiqu Barbhuiya

Fired up for early retirement

by **JONATHAN TAGG**

Achieving true financial independence is well within your reach

I'M an advocate of the F.I.R.E. (financially independent, retire early) movement and am on track to retire early, aged 57.

At school, I wasn't taught about pensions. Retirement was something that happened to you when you couldn't work anymore, before you died, but it wasn't presented as anything to look forward to.

Fast forward some 30+ years and despite being 'educated' to degree level and bilingual in French, I am working in a low-paid job within healthcare. Perceived generally as an underachiever by most who know me, perhaps I am. Perhaps I'm lazy, and perhaps I've simply disengaged from the system.

While I lean towards the less conventional, the niche and some would say, the alternative, my tendencies have been tempered by influential people in my life.

That was the case until a few years ago, when I first began to learn about the FIRE movement. It stands for Financial Independence, Retire Early.

In essence, it's a movement that has sprung up, mostly in North America, which describes a way to beat the system financially. When someone becomes financially independent or has 'hit F.I.' they no longer need to rely on employment to survive financially. Most of all, what F.I. affords you is options. You have the option to cease working, if you choose to. Hypothetically, you become time rich.

The reality of course is that most of the people who have reached F.I., particularly in their younger years, do not cease working altogether. Yes, they may choose to work less, they might adopt a more family-friendly approach to work and they may move to work in a job which better reflects their beliefs and values. In short, people who have hit F.I. tend to find work which is more satisfying.

One aspect of F.I. which is rarely mentioned is the ability to escape the 'system' to an extent. Being financially independent provides options. If you don't want to continue to work Monday to Friday 9 to 5 (the accurately proverbial rat race), you won't have to. Where you may have experienced stress in the past regarding debts or other financial stresses, when you reach F.I. this should be a distant memory.

While there are a variety of ways to achieve F.I., or indeed full FIRE, I believe it best to focus on the basics for now. I will give credit though to my main inspirations for the tack I chose for my own FIRE journey, and they are JL Collins (author of *The Simple Path to Wealth*) and Bill Bengen (a retired financial advisor, credited with publicising the 4 per cent rule).

In essence, FIRE theory rests upon you having a passive income sufficient for you to survive financially for the rest of your days. There are a number of different ways to achieve this, including investing the stock market (I'll call this the JL Collins approach); investing in property which is rented, and any other mix or permutation which achieves the same outcome.

The conventional wisdom as regards stock market investments is that by investing in exchange traded funds such as the S&P 500 (which have been shown to provide a slightly-better-than-ten per cent return on average when studied over a 30 to 40 year period), and by investing for the long term and never drawing more than the 'safe withdrawal rate' from your portfolio (Bill Bengen's 4 per cent rule), your portfolio should be sufficient to see you through the rest of your days.

A couple of key FIRE figures: your F.I. 'number/target' is generally accepted as your annual expenses in retirement, multiplied by 25. Another way to look at this is that for every £1 per month you spend when F.I., you need a further £300 invested.

The previous figures are simply other ways of representing the 4 per cent safe withdrawal rate. Hypothetically, you might, as a test perhaps, decide to FIRE your phone contract. Say, for instance, your monthly contract costs £25. By the logic above, in order to finance that passively using the S&P 500, you would need 300 x £25 invested, which is £7,500.

Yes, that might sound like a lot of money, but the point is that the average growth of the market should mean that you can safely withdraw £25 every month for at least 30 years, without running out of money.

What's not so obvious in the example above is that in building a retirement portfolio, you don't actually invest the full amount. By investing gradually over time, you harness the compounding effect of the market and your portfolio increases exponentially.

As an example, if you needed £15,000 per year to live off in retirement, your F.I. number would be 25 x £15,000 (£375,000). If you were to invest a mere £2,250 per year for 30 years at a compounding rate of 10 per cent, you would have invested £67,500 in total, but your portfolio at the end of that time should be worth a little over £400,000!

In closing, it would be irresponsible of me not to add a couple of friendly reminders. This article should be read for entertainment purposes only and not construed as financial advice. Everyone's financial circumstances are different, and if you feel you need advice, you should consult a qualified professional in the field.

Time to cash in on a rich life

by **HENRY WIDDAS**

Break free from the shackles of living pay cheque to pay cheque

MONEY is the root of all evil, I was told. When I stopped believing that, I was told it's the love of money that is the root of all evil.

And that's how I thought about it for the first 50 years of my life. I shunned the pursuit of money, and what money I did have, I spent. Saving was for losers, I thought.

I shunned career development, I turned my back on opportunities, and I chose to exist pay cheque to pay cheque, sometimes falling into debt and sometimes not.

It was an easy route to take in life, I thought.

But it turned out I had been led down the garden path by those who do have money. By the ones who control us from the very top of the tree, the ones who engineer our wars to happen, the ones who control what we are taught in schools and universities, the ones who set the parameters for our lives.

I was being controlled by the system, and I didn't even know it; it's very possible that you, the reader reading this, are being controlled too.

Fortunately, I escaped that lack-of-financial-literacy Matrix designed for us by the elite six months ago, and am now placing the pursuit of money as a goal in life.

By no means is it the main goal, but it's there, and it is making the rest of my life much easier and more enjoyable. My main goal has not changed, which is to be there for my loved ones, come rain or shine.

Back to money. If you are living pay cheque to pay cheque then you are doing something wrong.

Fortunately, life presents us with the simplest solutions for the biggest problems, and you too can find financial wealth while continuing to lead a rich life - spending money on the things you love while ensuring you have enough for emergencies and a future life of prosperity.

I'll break it down for you in five easy steps, and it doesn't matter if you are on the national living wage (£11 an hour) as these instructions will still work for you:

1. Save. Ideally you want three months' worth of your essential living costs in an easy-access high-interest savings account.
2. Invest. Ignore get-rich-quick options like cryptocurrency and go for low-risk global index funds. But most importantly, invest in yourself.
3. Spend less. Cut out spending for spending's sake. Review your highest expenses and look to reduce them.
4. Earn more. Moving job can be a good way to do this but there are countless side hustles out there to experiment with.
5. Time. This is by far the most important step and requires further explanation, especially in terms of what Albert Einstein described as the eighth wonder of the world – compound interest.

Let's go back to investing. If you take the example of fitness, imagine you decided to go to the gym twice a week, committing to get 1 per cent better each week. In two years you would have doubled your fitness levels, in four years you would have quadrupled them, and in 20 years – if you kept up those 1 per cent-a-week gains - you would be superhuman. Such is the power of compound interest.

And the same principle applies to money. If you invest in the S&P 500 (the stock market index tracking the 500 top-performing U.S. companies) you stand to gain 10 per cent on your investment each year, on average, looking back at data over the past 100 years.

Therefore, on average, that investment will double in size over 10 years and quadruple over 20 years.

So what is stopping you? The tools are all there for you to use. Go out and use them and take back control of your life, your finances, and your goals, and start using the system that has been using you your entire life.

And don't worry if you are on the north side of 50 like me. What you can achieve in a year will surprise you, and what you can achieve in five years you won't even believe yet. Go out there and enjoy your rich life.

To help you on your quest for a rich life there are thousands of lifestyle gurus and investing advisors screaming out from the internet for your attention. Not all are useful but these YouTube channels are well worth checking out:

- **According To Nicole** - This Canadian saved $100,000 in five years while working minimum wage jobs by using nothing more than common sense and frugal living.
- **I Will Teach You To Be Rich** - Life coach who has helped tens of thousands of people achieve financial independence while continuing to live a rich life.
- **Damian Talks Money** - A former investment banker who got out to tell the world about the pitfalls to avoid in finance and to explain how easy it is to invest.
- **PensionCraft** - Another former investment banker exploding the myths of the banking world while making the topics of savings and pensions seem simple.
- **Gabe Bult** - An entrepreneur who explains in easy steps how to gain wealth through mindset and healthy obsessions, with no luck necessary.
- **Daphna** - Another entrepreneur who explores the vast world of side hustles and how to live a happy and content life away from the 9 to 5 grind.

If you want to help spread the uncensored truth

...then please pre-order advance copies of

The Uncensored Truth
TheLIGHT

each month for your group, town or community:

25 copies for £10
100 copies for £20
200 copies for £25
500 copies for £50

www.thelightpaper.co.uk/bulk–order

TRUTHFLIX

VIEWER RECOMMENDED

https://tinyurl.com/3njwcu5r

https://tinyurl.com/2hcbhhfj

https://tinyurl.com/spxfy5f6

Roku, Tubi, Hoopla etc

https://tinyurl.com/2s4b92vw

https://tinyurl.com/3ybtnvyt

TRENDING CHANNELS, PODCASTS, WRITERS AND RESOURCES

https://tinyurl.com/4ar28xa5

https://tinyurl.com/ycwxnzem

https://amazingpolly.net

https://tinyurl.com/ycwxnzem

https://tinyurl.com/k9et8m7r

https://tinyurl

https://tinyurl.com/k5b2yacx

https://tinyurl.com/467u4pes

YouTube: @edgeofthematrix

https://off-guardian.org

https://thewhiterose.uk

https://ha

The

Welcome
MICKEY

https://tinyurl.com/456tzazp

https://tinyurl.com/44xnwty3

https://tinyurl.com/mrxyh6hs

https://tinyurl.com/4uz24xu2

https://tinyurl.com/yey8j5uh

https://tinyurl.com/4zzuh5jj

.com/3w9kx3pc

https://truthstreammedia.com

https://iaindavis.com

https://tinyurl.com/23t7xpje

https://ukcolumn.org

https://tinyurl.com/2642pw2s

rtgroup.org

https://www.curezone.org

https://tinyurl.com/4e5dpwfs

https://tinyurl.com/5n86dbr7

https://tinyurl.com/3anb9twm

https://tinyurl.com/mssb278z

The Uncensored Truth
LIGHT

Big brother's covid censorship revealed

by **TYLER DURDEN**

IN late September, America First Legal (AFL) revealed documents that shed new light on the collaborative efforts between Facebook and the Centers for Disease Control and Prevention (CDC) during the height of the covid-19 pandemic used to censor free speech.

The documents, obtained through litigation against the CDC, expose detailed onboarding materials used to train CDC employees on a specially designed Facebook portal aimed at curbing what they labelled 'Covid & Vaccine Misinformation'.

These documents reveal how Facebook, on the heels of extreme pressure from the Biden-Harris White House (including from Rob Flaherty, a current senior Harris Campaign staffer) to remove specific posts, responded:

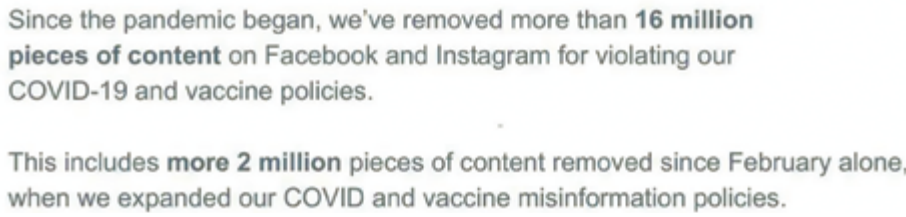
- Facebook created a new 'end-to-end workflow' so that government officials could submit links for removal from Facebook.
- Facebook only gave access to the portal to approved government and law enforcement personnel.
- The new portal dramatically increased the efficiency of the censorship machine by allowing up to twenty links at a time to be referred for censoring.
- By moving from email chains to a Facebook-hosted portal, the new system also made it harder for organizations like AFL to provide oversight to individual censorship requests.
- Each censorship request automatically generated a ticket number so that the government could track if Facebook complied with its censorship demands.
- The documents further show how Facebook explained precisely what content it would remove and what it needed from the CDC in order to censor certain narratives within the bounds of its 'community standards'.

The documents also highlight the United Kingdom's role in shaping the Biden-Harris Administration's approach to online censorship. Additionally, Mark Zuckerberg's admission that Facebook only engaged in censorship after extreme pressure from the Biden-Harris White House underscores the external pressures which led to Facebook's mass censorship.

Part A: Censorship Made Easy

The documents expose an onboarding presentation given by Facebook employees to CDC staff on May 19, 2021. Facebook trained CDC staff on how to use the platform's 'Government Reporting System'. This came in response to profanity-laden

Above: Facebook CEO Mark Zuckerberg Below: Facebook boasts about its censorship



demands from senior Biden–Harris White House officials exposed by the House Judiciary Committee. As their 'End-to-end workflow' described, if 'Government requests,' then 'Facebook processes'.

The slides on AFL's website show how closely the Biden-Harris Administration's CDC and Big Tech coordinated to censor speech they disagreed with. The onboarding included a 'government user experience' demo. As part of the 'End–to–end workflow', Facebook streamlined the process to make it easy for the government to censor the American people.

Step 1 – Access to Account

First, Facebook granted 'access to CRS'. These slides showed CDC employees how to sign up, register, and login to the new portal.

Only 'government-issued or law enforcement email address[es]' were allowed to use this system.

Step 2 – Submit Posts with Links

Prior to Facebook creating the portal, the CDC had been sending spreadsheets over email with links for Facebook to remove, but with this portal, post reporting would be standardised and fed into one system. Additionally, moving the censorship requests to a Facebook-hosted portal created a loophole in government record-keeping requirements. Using this system permits government actors to evade federal law, requiring meticulous keeping of federal records, thereby preventing the public from using existing tools like FOIA to see what the government is doing behind the scenes.

At this point, CDC employees could select their 'Reason for reporting'. These included 'COVID Misinformation', 'Vaccine Discouragement', and 'COVID Vaccine Misinformation'.

Facebook's system allowed users from 'authorised government agencies' to refer up to twenty links at a time for Facebook to remove across its platforms. Users could also submit additional comments.

Step 3 – Confirmation and Job Reference Number

The third step for the new portal was called 'Final landing page: transparency,' where users would get a confirmation message, a ticket or reference number, and be able to access the 'Help Centre'.

The confirmation message read that 'you should receive a response shortly', which reaffirms the initial promise on the first slide: 'Government requests… Facebook processes.'

Part B: Insights into Facebook's Community Standards

The briefing also included a summary of Facebook's Community Standards. They stated that they only removed information deemed 'false' by 'public health authorities.' Despite the many, many, examples of these authorities later being proven wrong, all it took was a government determination by the Biden-Harris administration for Facebook to begin censoring the American people's speech.

Facebook's policy was to censor statements that made 'false claims about masks' (now shown to have been nearly useless), which discouraged 'social distancing' (now known to have been fabricated by Dr. Anthony Fauci). If an individual was a 'repeat offender' of the government's ever-shifting determinations on 'misinformation', their account's reach would be reduced or removed from their site altogether.

Facebook bragged that since the beginning of the pandemic, which began only a year before the presentation, they had removed more than '16 million pieces of content.'

Remember — Facebook's policy was only to remove posts if the government had declared something to be false.

The Constitution prohibits the government from censoring the American people, but Facebook and other social media companies went out of their way to make it easy for the Biden-Harris administration to flag posts for censoring. With a custom portal allowing the government to submit up to twenty links at a time, the Biden-Harris administration and Facebook worked together to violate the First Amendment rights of countless Americans.

Statement from Gene Hamilton, America First Legal Executive Director:

"These documents show–definitively–the architecture behind the systems that political appointees and governmental bureaucrats used to unconstitutionally censor the free speech of Americans online. The right to speak – to even question authority – is so fundamental to our national identity, yet in the name of a public health crisis, Biden administration officials worked with major companies to silence dissent. The American people need to review these documents and understand just how far our leaders in Washington went to violate the First Amendment to our Constitution," said Gene Hamilton.

- ***America First Legal Releases Complete Internal Facebook Onboarding Documents: https://tinyurl.com/3ux938yt***

Teacher jailed over pronoun dispute

Refusal to call transitioning boy a girl leads to third prison term

by **PAUL BENNETT**

Enoch Burke being arrested. Photo: grpipt.ie

A TEACHER has been jailed again after refusing to use the pronouns 'they/them' in a controversial High Court case in Ireland.

Enoch Burke from County Mayo, Ireland, was imprisoned for a third time for breaching an injunction order, after refusing to adhere to a court order secured from his school over the issue of gender identity.

In August, Mr Burke returned to the school that he teaches at, despite an injunction put in place. Asked by local reporters why he has returned to the school, he said: "I have a job here, I'm employed here, I work here, and the only reason the school and courts are denying me my rights is that I said I would not call a young boy a girl."

Outside the school, Mr Burke was arrested for breaching the court order. Family members gathered in the rain as he was bundled into a police car with his parents protesting that their courageous son has broken no law, and that the rationale for his arrest was because he "won't endorse transgender ideology". At a court hearing after the arrest, a judge again ruled that Mr Burke was in breach of an existing court order and was therefore sent back to prison for a third time in over two years.

The disagreement began in June 2022, when an email was sent by the principal of Wilson's Hospital School in County Westmeath, Ireland, asking all teachers to use the pronoun 'they/them' for a male student transitioning.

Based on religious grounds, Mr Burke said he would refuse to call the student their requested pronouns and publicly confronted the then principal of the school over his concerns during the summer. As a result of his objections, Mr Burke was placed on paid administrative leave from teaching at the school pending the outcome of a disciplinary process.

In September 2022, the situation intensified when, despite the suspension, Mr Burke attended the school and sat in an empty classroom, willing to teach his students. Concerned that the debacle might cause disruption to pupils, the Church of Ireland school in Multyfarnham secured an ex-parte temporary High Court injunction preventing Mr Burke from either teaching at its premises, or from teaching any classes at the school while he remained under suspension.

Addressing the court in 2022 and representing himself without legal assistance, Mr Burke said: "I am a teacher, and I don't want to go to prison. I want to be in my classroom today, that's where I was this morning when I was arrested."

He highlighted the hypocrisy of Wilson's Hospital School by stating: "I love my school, with its motto, Res Non Verba, actions not words, but I am here today because I said I would not call a boy a girl.

"Transgenderism is against my Christian belief. It is contrary to the Scriptures, contrary to the ethos of the Church of Ireland and of my school. It is not something I will do. It is a violation of my conscience."

The German and history teacher also responded to his suspension from the secondary school and contempt of court by saying: "It is extraordinary and reprehensible that someone's religious beliefs on this matter could ever be taken as grounds for an allegation of misconduct.

"My religious beliefs are not misconduct. They are not gross misconduct. They never will be. They are dear to me. I will never deny them and never betray them, and I will never bow to an order that would require me to do so. It is just not possible for me to do that."

Legally, Mr Burke was jailed for contempt of court for breaching the court order, and many argue that he shares significant responsibility regarding his current predicament. However, the foundational issue is the court of law continuing to grant injunctions against him to stay away from the school premises because of his refusal to acquiesce to transgender ideology.

During his time in and out of prison, he has been morally vindicated for his stance on gender ideology.

In April 2024, the Cass Report gave recommendations to the NHS in the UK regarding gender identity services for under-18s. The report cautions against supporting social transitioning in children.

Dr Hilary Cass, who carried out the findings, stated that "social transitioning is not a neutral act", and the report outlined the general harm gender change can be for children, especially regarding puberty blockers.

Dr Cass was appointed by NHS England and NHS Improvement to chair the Independent Review of Gender Identity Services for children and young people in late 2020.

It is hoped that the Mr Burke case isn't setting a sinister precedent for future cases when gender theory is challenged. The honour shown by him in defence of the freedom of expression and religious beliefs is arguably admirable. His defiance has made him an unexpected free-speech martyr in the eyes of many people in Ireland and beyond.

Mr Burke, a man of great principle, has spent more than 400 days in prison over the past few years because of his non-compliance with the monstrosity of the transgender agenda.

He is currently languishing in Mountjoy Prison in Dublin at the time of writing.

- ***Enoch Burke arrested outside Wilson's Hospital School: https://tinyurl.com/bdekbnm5***

Political warfare against Amish

by **RICHARD HOUSE**

Religious community threatening globalist agenda

An Amish community. Photo: ArtTower

PERHAPS the funniest moment of the whole covid atrocity event was when a journalist asked an elder of the U.S. Amish community why there was hardly any covid in their community.

Without a hint of humour and in all seriousness, the elder replied: "We don't watch television." tinyurl.com/4wspmawt

Thereby hangs an enormous tale, of course.

It's almost exactly 500 years from when, in January 1525 during the Protestant Reformation, the Anabaptists were founded in Zurich, Switzerland, and later went on to become the Amish Christian denomination.

With communities right across the globe, the Amish are now coming under assault from malign forces determined to control their low-tech, autonomous lifestyles by any means possible because of the threat that their simple, healthy way of life poses to the globalist technocratic control agenda.

Back in February, Dr Joseph Mercola wrote a long article about the Amish titled 'Traveling back in time - life lessons from the Amish'.

The Amish typically avoid technology and other modern-day conveniences like electricity and cars, Mercola tells us. There are significant benefits of living off the grid without being dependent on others in any way - and certainly not on technology. The Amish produce most of their own food, and they are not reliant on the public control grid beloved of Bill Gates and the globalist technocrats.

For Mercola, relying on modern-day comforts and technology "leaves you incredibly vulnerable should they collapse; while embodying the preparedness and resourcefulness displayed by the Amish protects your autonomy and freedom."

On August 15, in his inimitable scatter-gun style, the great libertarian U.S. attorney Robert Barnes, who has been defending farmer Amish Miller in the Pennsylvanian courts, said the following in an Alex Jones interview:

"There's an ongoing political lawfare against the Amish – not only here but it's happening in Canada, too. Rebel News was reporting today that because the Amish wouldn't download an app because they don't use technology, they're being fined a bunch of money, and now Trudeau is trying to steal their farms.

"And they're trying to do the same thing to Amish farmers here in America, they're …." Alex Jones: "And that's an example of the cashless society…. They're trying to make the Amish sign up to the digital society - make them have phones, make them have apps; this is a big deal."

Robert Barnes: "Exactly. Justin Trudeau said everyone has to have an app, but the Amish don't have technology for religious reasons; they don't use phones, they don't use online technology, they're not on the internet, they don't have computers – none of it. They don't even have electricity. They're off the Bill Gates dystopian control grid - Big Pharma, Big Food, Big Tech, Big Media, that he [Gates] has so much control over. The Amish are the exit-ramp off of that grid, that if other people follow it and imitate, and can be as successful as the Amish have been in their psychological wellbeing and their physical and medical wellbeing – that's why the State of Pennsylvania is waging war on them.

"Right now in a Pennsylvanian court, they're trying to shut down Amish Miller from shipping anywhere in the country and in the world; they're claiming the right to control all food if it ever touches the Pennsylvanian border – that's how insane it is.

"In Canada, they are saying you have to be on our technology, or you're done. Look at smart meters, look at everything that's happening with smart meters – the goal is control, control at all costs.

"But you know who don't have smart meters? The Amish. Why? Because they don't have electricity; they use propane gas and things like that instead. So because they're outside of the educational system, outside of the media system, outside of the Hollywood system, outside of Big Pharma (they don't use anything like the level of medications and vaccines that everybody else does), outside of Big Food (they're not buying processed Big Food; they're getting food that's organically made, authentically made, the way they've been making it for generations) – they're living longer, happier, healthier, wealthier lives than the rest of us; and if you're Bill Gates, you can't have a control group showing how dangerous his control grid is! And that's why there's a staged political warfare against them.

"Look at NBC making up fake shows claiming that the Amish are a secret cultish group, that there's all this secret abuse going on – it's all hogwash! But you're seeing hit piece after hit piece after hit piece. So they're trying to demonise the Amish in the court of public opinion, trying to criminalise their everyday behaviour, trying to shut them down unless they have the licences and permits that they require. They're using the licensing and permitting process to control people."

With many in the truth and freedom movement considering exiting from the system altogether, and as far as humanly possible going off-grid, a great deal of learning can be gleaned from the Amish and their success in creating a viable way of life, which is a very well-insulated enclave protecting its people from the worst excesses of the technocratic slave materialism that those of us enmeshed in the system still have to endure.

Anyone interested in learning from the Amish way of life and its accompanying worldview could do far worse than to follow closely the legal warfare to which they are currently being subjected, and to delve into the resources listed below. They have much to teach us.

AMISH RESOURCES

- ***Joseph Mercola, 'Traveling back in time – life lessons from the Amish' - https://tinyurl.com/56759s59***
- ***'Trudeau covid tyranny against the Amish' – https://tinyurl.com/ttttchmh***
- ***'The Amish approach to covid' – see https://tinyurl.com/4wspmawt***
- ***'How the Amish beat covid in 2 months' – https://tinyurl.com/2wbaj5xm***
- ***Twelve books about the Amish – see https://tinyurl.com/25y3zj7n***
- ***Living without Electricity: Lessons from the Amish – https://tinyurl.com/y693mcwv***
- ***Legal work by defence attorney Robert Barnes: https://tinyurl.com/2s85fh6x; https://tinyurl.com/6btc6ha7; https://tinyurl.com/5p9u9p7e***

Lifting the lid on gluten intolerance

How a natural grain has morphed into a poison for many

by **SAPPHIRE MACDONALD**

Photo: Liu Bizhy

WHAT significant change has happened to the food chain?

And why, for this generation, has it become perfectly normal to experience life-threatening allergic reactions to a natural grain our ancestors have been eating and growing for years?

You have to ask yourself why governments all over the world are targeting farmers? The people who literally put our food on the table.

Mainstream media will naturally argue that gluten intolerance/gluten allergies are more common today because modern medicine is able to diagnose and test for things they could not years ago.

They claim that some people have always been negatively affected by gluten – it's just 'they didn't know' and now we can do the tests.

Their point may have some validity. However, the real question is why has the number of people who have become intolerant or even allergic to gluten risen so dramatically in the last 50 years, especially amongst children? Why are adults and even our grandparents now becoming unable to tolerate the foods they have enjoyed all their lives, suffering from IBS, gluten intolerance and allergies?

When I was ten years old, I remember seeing the positive health effects of an adult family member going on a gluten-free elimination diet.

I myself (with similar health complaints) decided I wanted to try going gluten free and benefit from the change.

At the time, being gluten free (especially as a 10-year old) was not nearly as common as it is today, and made life tricky for me, but not as tricky as it was being ill for half of my week!

Going from just wanting to try it out to experiencing first-hand the benefits, I have, since, religiously stuck to the gluten free diet, the main reason being my many chronic health complaints vanished when I went gluten free – and it was worth it!

I remember my grandparents were very concerned that I was going gluten free; they were worried why a child's health improved when cutting out a protein in natural grain like gluten – it just didn't make sense.

Why is a natural grain like wheat, something that has grown over the UK for years and years, nowadays causing us so much harm? Why do some feel better when eliminating gluten from their diet?

Why could my grandparents and previous generations tolerate gluten, thrive from gluten and, in fact, grow grains… but not me?

Was there something wrong with me or the gluten?

Many scientists and independent researchers suggest the characteristics of coeliac disease/gluten intolerance can be explained by the presence of glyphosate in non-organic gluten.

Glyphosate destroys the shikimate pathway present in our gut, causing severe damage to our natural gut bacteria. A good healthy gut should have balanced bacteria, both good and bad.

Glyphosate promotes the overgrowth of toxic, bad gut bacteria.

It is a known fact that glyphosate has a negative effect on gut bacteria of humans and animals. A known fact that is conveniently forgotten in the doctor's/vet's office.

Coeliac disease, IBS, NCGI (Non Coeliac Gluten Intolerance) allergies, autism, and ADHD neurological issues are all associated with imbalances in gut bacteria.

Cytochrome P450 is an enzyme that detoxifies the body from environmental and pharmaceutical toxins like glyphosate. Glyphosate can damage and can be directly toxic to cytochrome P450.

Grains are one of the most common sources of glyphosate, in non-organic foods. Many believe gluten has potentially become bad for our health, not because of the gluten itself but because of the glyphosate residue on the gluten.

Why do countries that have banned the use of glyphosate on crops have lower gluten intolerance/coeliac disease rates than countries that have not? Is that a coincidence?

Denmark banned the use in 2003 and has gluten intolerance of 0.77 per cent.

The UK in 2024 still uses glyphosate on crops, and gluten intolerance is at 10 per cent.

Positively, many people, including myself, are finding that once going 100 per cent organic for a time and still remaining gluten free they have been able to successfully reintroduce gluten (remember it has to be organic gluten) in small amounts into their diets.

Farmers work very hard to provide what customers demand. If you don't want it, don't buy it. It really is that simple.

Luckily in the UK, there are many organic options available, and as popularity shifts they are becoming more and more affordable, everyday foods.

The food industry, just like any other market, is consumer driven - if you don't want it, don't buy it. Put your money where your mouth is and buy organic.

Agrochemical giant Monsanto is telling us that glyphosate is safe. They pay huge sums to the regulating agencies as well as ensuring industry-funded studies demonstrate that it is safe. Just like the tobacco companies used to do. Who do you believe? Studies paid for by Monsanto or those by independent scientists?

REFERENCES

- ***Gluten and Glyphosate: Everything You Need to Know - AZ Dietitians: https://azdietitians.com/blog/gluten-and-glyphosate-everything-you-need-to-know/***
- ***Gluten intolerance and Coeliac disease are becoming more common among Americans. Could glyphosate use be the underlying cause of both issues?: https://azdietitians.com***
- ***Glyphosate, pathways to modern diseases II: Coeliac sprue and gluten intolerance: https://tinyurl.com/73hde84s***
- ***What is gluten intolerance?: https://tinyurl.com/ya5z9ujm***

The war for our health

Film-maker *Lynn Cunningham* interviewed by *Richard House*

***RH:* The theme of iatrogenic medicine (i.e. medicine that harms) is thankfully becoming far better known. Your new film, *Medicating Normal*, is at the forefront of this cultural waking-up. What led you to make the film?**

LC: Concern for the wellbeing of a beloved family member led me to make the film *Medicating Normal*. A high-functioning, Harvard graduate and star athlete, she had been diagnosed in her early twenties with 'mental illness'. Her subsequent treatment resulted in a steady stream of doctors dispensing different diagnoses and an ever-increasing regimen of medications. As time passed, she assumed the identity of a mental patient and was told by some doctors she would need medication for the rest of her life.

Twenty-plus years later, when I began to research the drugs she was taking, a staggering ten pills daily – she couldn't hold down a job. Today, she has reduced her daily medications to three, yet she still struggles with their challenging physical side-effects and is still on disability. More than anything, she wants to work and to lead a fulfilling life, to make a difference, but she is unable to. The medication diminishes her intrusive thoughts – yet they have not gone away. The medication makes her lethargic and unable to focus on the simplest of tasks. I still wrestle with the question – are these powerful medications really helping her achieve her full potential? Are the side-effects worth it? Or is there a better way to improve the quality of her life?

***RH:* I worked as a GP counsellor for 20 years, and saw countless clients/patients who'd been greatly harmed by mainstream medical treatment. Tell us about this vital film.**

LC: An extensive outreach film like this requires a coalition of highly skilled people with professionalism, dedication and passion. We have had and still have a great team, two of whom have been directly impacted by psychiatric drugs. I salute the courage and willingness of hundreds of psychiatric survivors and mental healthcare professionals who've shared with us their experiences and knowledge.

Medicating Normal follows the stories of five people damaged by the medications they believed would help them. Of the one-in-five Americans taking commonly prescribed psychiatric drugs daily, it's estimated that upwards of 30 to 35 per cent are made worse by them. We open the film with Dave's wife Bri revealing a suitcase filled with the different drugs he was prescribed for what started out as anxiety in graduate school. Throughout his treatment he kept getting worse. When he tried to stop taking these drugs, he fell headlong into a massive, agonizing state of neurotoxic withdrawal from benzodiazepines. His story is not yet fully recognised by mainstream medicine.

I salute the courage and willingness of hundreds of 'psychiatric survivors' and mental healthcare professionals who've shared with us their experiences and knowledge

In his *Anatomy of an Epidemic,* Robert Whitaker describes a logic-defying trend in psychiatric treatment. Since the 1970s, ever-more people have been placed on disability for mental health issues, yet ever-more drugs are being prescribed. If these were physical illnesses, Whitaker reasons, we would see the disease rates go down, but that's not the case. Whitaker's information-rich website, *Mad in America,* has inspired 17 new affiliates worldwide, most recently *Mad in Ireland*. Likewise, *Medicating Normal* is gaining traction abroad, so far translated into eleven languages.

As we screen the film in communities around the world, we continue to hear of many people who were prescribed medication for common problems – sleep, trauma, anxiety and focus – who ended up losing their homes, their jobs, their families. So many lives destroyed.

While these drugs can provide effective short-term relief, pharmaceutical companies have hidden, from both doctors and patients, their devastating side-effects and long-term harm. *Medicating Normal* unveils a corrupted evidence base and a mental health paradigm in which consumers are too often over-diagnosed and over-medicated. It is the untold story of the dire consequence of profit-driven medicine intersecting with human beings in distress.

***RH:* Your great film wonderfully complements James Davies' 2013 book, *Cracked: Why Psychiatry is Doing More Harm Than Good*, and is squarely in the tradition of R.D. Laing and Thomas Szasz. Taking on the medical-industrial complex takes great courage. Have you encountered any pushback? And how can readers best support your vital work?**

LC: While I applaud the work of these writers, it wasn't our intention to take on the medical-industrial complex, rather to provide a public service by examining the full impact of these 'overused' drugs. Pushback from the drug industry would only draw more attention to the truth. We've encountered some pushback from doctors worrying that the film will cause people needing these drugs to avoid them. One doctor said the film made him feel very defensive, but he also found it helpful, saying, 'Drugs can be useful, but we as professionals need to step back and understand that there is truth in the claim that we have been harming some of our patients'.

We've also observed relative silence from mainstream media on the topic itself. That's disturbing, especially as ever-more studies and trials are revealing false conclusions and flawed data about these drugs. Not surprisingly, in the US they're not getting the coverage they deserve.

At our community screenings (200 to date), there's always at least one person who objects to the film's premise, saying, 'these drugs have saved my life'. We always respond supportively and never deny their experience. Instead, we point out that this positive response to medication isn't the norm for significant numbers. It's very gratifying to hear many being very thankful their story is finally being told. Nobody – not their doctors, not their families – believed them when they insisted it was their drugs making them sick.

On YouTube, we have received comments that the film is 'pill shaming' patients who are doing well on their drugs. This couldn't be farther from our goal, and would only result in losing credibility. We emphasise informed consent, requiring that doctors and patients be aware of the pros and cons of prescribing and taking these medications. We welcome pushback, as our goal is to raise awareness and start a conversation.

- ***To Support us, share our* 'Medicating Normal' *film – https://tinyurl.com/mrx7d2es***
- ***Help us disseminate the film: https://tinyurl.com/yc4rb7tb***
- ***Social media/subscribe to our channel: https://linktr.ee/medicatingnormal***

USEFUL RESOURCES

- ***Medicating Normal Film website: https://medicatingnormal.com***
- ***'Mad in America': https://madinamerica.com***
- ***'Mad in Ireland': https://madinireland.com***
- ***Robert Whitaker, Anatomy of an Epidemic: https://tinyurl.com/bdhpacd***
- ***James Davies, Cracked: https://tinyurl.com/52xua67p***

Egged on to comply with register

by **HENRY WIDDAS**

Owners threatened with jail if their chickens undeclared

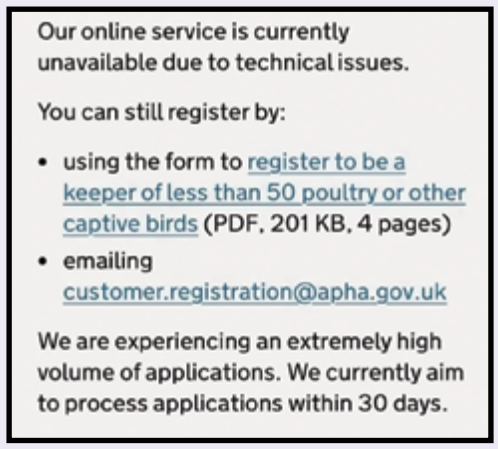
BIRD owners will be knocking government beaks out of joint if they don't register their chickens this month.

The new legislation has been the squawk of the town as even those with a couple of chickens in their back garden are having to register their feathered friends.

A reported backlash against the law has seen people register their frozen chickens in the freezer to disrupt the Department for Environment Food and Rural Affairs protocol.

With hysteria around animal viruses being coordinated globally, some bird owners fear the registration of their winged companions could lead to demands to cull the animals at any time.

A report on the issue from BBC Countryfile said the new legislation was 'designed to help keep birds safe by managing and limiting the spread of any potential disease outbreaks, such as avian influenza (bird flu).'


Our online service is currently unavailable due to technical issues.

You can still register by:

- using the form to register to be a keeper of less than 50 poultry or other captive birds (PDF, 201 KB, 4 pages)
- emailing customer.registration@apha.gov.uk

We are experiencing an extremely high volume of applications. We currently aim to process applications within 30 days.

The report continued: 'Owners who have less than 49 birds will need to update their bird's details on the register annually. Registration is free, but failure to register your birds puts you at risk of a hefty fine – as much as £2,500 – or even a short jail sentence.'

The Animal and Plant Health Agency that handles the register already expects those with 50 or more birds to have each animal registered.

The BBC article claimed the register would allow APHA to contact bird owners if there was any kind of disease outbreak locally to give advice on how to protect their flocks.

The article does not mention that the advice could well become an order to kill the birds.

History shows us how this has been done in the past with livestock. During the foot-and-mouth disease outbreak of 2001, six million sheep and cattle were slaughtered in Britain.

The reasoning behind the killing was computer-aided predictions carried out by Professor Neil Ferguson of how the disease would spread.

Prof. Ferguson also made the wildly inaccurate predictions about the impact of covid-19 on society that led to the then Prime Minister Boris Johnson warning on national television that we would all lose loved ones to the disease.

The new law threatens a proverbial tar and feathering for those who do not comply with the registration scheme, but how many will comply with what some will perhaps see as more government overreach?

Maybe some will chicken out and get their birds registered.

Others will perhaps feel the goose has been cooked for the government since its now widely criticised lockstep dance routine with Bill Gates's vaccine vendetta against humanity.

It comes down to trust. Do bird owners trust that those who killed millions of other living beings over faked computer modelling are now solely acting in the interests of the natural world?

When sinister forces emerged from the shadows in 2020, they put all their eggs in the basket named technocracy.

But some of those eggs are beginning to crack as public awareness of their tactics of deceit increases - thanks in part to the repeated use of those tactics.

We are not all Chicken Littles ready to comply; some of us are Eddie the Eagles who will remain eager to question authority and hold it to account.

True Pearls: Philosopher and activist Simone Weil

by **RICHARD HOUSE**

'I envied Simone Weil for having a heart that could beat right across the world.'

Simone de Beauvoir

A mind enclosed in language is in prison.

To be rooted is perhaps the most important and least recognised need of the human soul.

Whether the mask is labelled fascism, democracy, or dictatorship of the proletariat, our great adversary remains the apparatus – the bureaucracy, the police, the military – the one that calls itself our protector and makes us its slaves.

The worst betrayal will always be to subordinate ourselves to the state's apparatus and to trample underfoot, in its service, all human values in ourselves and in others.

The national interest of every state consists in its capacity to make war.

Everything beautiful has a mark of eternity.

We must not wish for the disappearance of our troubles but for the grace to transform them.

We should seek neither to escape suffering nor to suffer less, but to remain untainted by suffering. It is better to say, 'I am suffering' than to say, 'this landscape is ugly'. The struggle against anguish only produces new forms of anguish.

All sins are attempts to fill voids.

Art is the symbol of the two noblest human efforts: to construct and to refrain from destruction.

The most important part of teaching is to teach what it is to know.

The destruction of the past is perhaps the greatest of all crimes.

One cannot imagine St Francis of Assisi talking about rights. The notion of obligations comes before that of rights, which is subordinate and relative to the former.

Nearly everywhere, instead of thinking, one merely takes sides: for or against. This is an intellectual leprosy; it originated in the political world and then spread through the land, contaminating all forms of thinking. It is doubtful whether it can be cured without first starting with the abolition of all political parties. The evils of political parties are all too evident.

We pretend that our present system is democratic, yet the people never have

Mystic and activist Simone Weil (1909–1943)

the chance nor the means to express their views on any problem of public life.

Nothing is more comfortable than not having to think.

There should not be the slightest discrepancy between one's beliefs and one's way of life.

Science is a monopoly, not because public education is badly organised, but by its very nature; non-scientists have access only to the results, not to the methods.

Where the joy of learning is lacking there are no real students, but only poor caricatures of apprentices.

Love is a direction and not a state of the soul. Love sees what is invisible.

When a contradiction is impossible to resolve except by a lie, then we know that it is really a door.

Money, mechanisation, algebra. The three monsters of contemporary civilisation.

Preserve your solitude. To wish to escape from solitude is cowardice.

The collectivity is not only alien to the sacred, but it deludes us with a false imitation of it.

It is an error to reason in place of finding out.

I was horrified, but not surprised by the war crimes. I felt the possibility of doing the same – and it's precisely because I felt I had that potential that I was horrified.

How much time do you devote to thinking each day?

I can, therefore I am.

The Light

LONDON. September 8, 1944 — The Uncensored Truth - A Free Truthpaper — Autumn Edition

Liberation of Paris: The real story

by John Hamer

- **De Gaulle's undisciplined rabble**
- **The collapse of the Vichy Regime**
- **Resistance movement largely shunned by French citizens as communist agitators**
- **'Liberators' disgraceful behaviour**

De Gaulle strides along the Champs-Elysees before embarking on a new 'reign of terror'.

After the German surrender of Paris on August 25, 1944, there was another kind of invasion of France.

On this occasion it was by the vengeful and ill-disciplined forces led by Charles de Gaulle.

As soon as the American forces had made it safe for the ousted French general and his followers, these terrorists – for that is precisely what they were – sought revenge for their earlier humiliation at the hands of the Germans.

The most appalling massacres of civilians suspected of even minor instances of collaboration with the occupying German forces began, whilst American and British troops stood idly by. Generally, the British media has ignored these awful events, but one English journalist, among others of various nationalities, recorded these sad, desperate events:

'There has never been, in the history of France, a bloodier period than that which followed the liberation of 1944-45. The massacres of 1944 were no less savage than the massacres of Jacquerie, of St Bartholomew, of the revolutionary terror, of the Commune, and they were certainly more numerous and on a wider scale. The American services put the figures of "summary executions" in France in the first months of the liberation at 80,000 and a former French Minister, Adrien Tixier, later placed the figure at 105,000.'

With the collapse of the Vichy French regime, De Gaulle and the elite-sponsored, Communist-sympathising French imposed a new 'Reign of Terror' reminiscent of that of the 1789 revolution.

Cruel punishments were meted out against those labelled as Nazi collaborators whose only crime was survival by making peace with Germany, or to have fought against the Soviets on the eastern front as conscripted foreign members of the German SS units.

The Gaullists murdered as many as 40,000, and imprisoned 100,000 of their countrymen. And French women who dated German soldiers during the occupation were humiliated by having their heads shaved and even being 'tarred and feathered'.

Less than 1 per cent of the French people wanted anything to do with the Resistance; the Resistance movement had a total membership of 100,000 at its height, whilst France had a population at that time of over 40 million. Most accepted the German occupation, which in any case was confined only to those territories that would facilitate an Allied invasion.

Throughout the war, American prisons held 16,000 conscientious objectors. This conscientious objection was widely publicised and denounced, presumably to deter others from taking the same decision.

And yet there was no publicity given to the 20,000 or so American servicemen who went AWOL as soon as they landed on the French beaches.

Many lived rough and subsisted by occasional sorties back to their encampments and stealing their own army's supplies.

American renegade black-marketeers sold whole trainloads of clothing, food, fuel and other essential commodities. Indeed, the American revisionist author James J Martin said: 'No army is ever free of looting but it is questionable if any other army ever looted itself on the scale of ours.' He also recounted: 'U.S. Army trucks were backed up the whole length of the Champs-Elysees with GIs selling gasoline and cigarettes openly to the French populace.'

In total, over 40,000 Americans 'deserted' during WWII, and some 100,000 British. As in all wars, it is a phenomenon only to be expected, but the cruel, shameful irony was that the banksters made it a crime to refuse to kill your fellow man or die in the name of their profits and power.

Conscripted into a mass-murdering conspiracy of evil, those that refused to take part in it were forever branded 'cowards' or 'traitors.' They were meant to do their 'duty' and obey without question whilst feeling honoured to serve the cause. This is exactly what their fathers had done, and their fathers before them.

The liberators' disregard for French social norms led to their having sex in public with prostitutes and sexually assaulting women, openly on the streets. Immediately following D-Day, the conditions for the ensuing tragedy were perfect.

The Allied bombing had killed more French than Germans. And most of the young men of France were in German prisons or in hiding. The country had fallen to the Germans in an embarrassingly short time and suffered occupation for four years. Then finally, the American conquerors arrived; handsome, well-armed, and comparatively speaking, rich. One look at the beautiful French girls, and the GIs thought they were in heaven, but the honeymoon period did not last very long.

France was, by this time, starving. American soldiers possessed an endless supply of food, and especially chocolate and cigarettes, which the deprived natives craved, and as a result, almost overnight, sex became the currency and French women quickly realised that offering sex was practically the only way to survive.

As a result, the French came to be regarded as an immoral, subservient people, and in the summer of 1944, many of the women of France, in effect, became prostitutes for the benefits the practice brought, and to stay alive.

Americanisation had turned hungry women into nothing more than tarts. The generals looked the other way while American military authorities tried their best to ignore both the disastrous effects on French society and the escalating incidence of venereal disease among their troops.

The army privately believed that sex was good for fighting men but had little regard for the women who were reluctantly providing this 'relief' to their soldiers.

- **John Hamer Official Bitchute channel: https://tinyurl.com/mrxbyewj**
- **https://falsificationofhistory.co.uk (being blocked).**

Letters to The LIGHT

Love us or hate us, we are helping raise the level of debate in this country and across the world, so we welcome views from all perspectives, because the enemies of free thought and free speech are censorship and group-think. We are all individuals – let's have your thoughts! ***Please email: letters@thelightpaper.co.uk***

Dear The Light,

I take issue with David Wright (Issue 48) in his attack on Elon Musk.

The opposite is true of what he says Musk has done, and Twitter is not as censored as it was; the idea that the media can be trusted is a downright lie.

We know that the media is playing the government game, that when government speaks, the media sits up and salutes. There has been no media investigative journalism for years, and when it speaks against government, it is controlled so as to make out that it is on our side.

Comrade Starmer is heading for more compliance from the media, press, radio, TV, etc. so as to enhance the grip that the government holds over the three main sources of information, for his ambition of a totalitarian state.

Yours,

A J Mountford

Dear The Light,

As the saying goes, you don't know what you don't know!

We're all on our own 'awakening' journey and a case in point is the recent front page (Issue No. 48), addressing the issue of 'false prophets'.

You only have to turn a few pages and there is an article singing the praises of a certain Andrew Bridgen, who seems to have made some inroads into the 'truther' community.

The same Andrew Bridgen, who when an elected MP, and thus whose very role was to serve the people, voted for compulsory jabs for health workers, voted for lockdowns and voted for mass surveillance of people's communications & activities, as well as being found to repeatedly breach rules over paid lobbying, for which he was suspended from the House of Commons for five days.

The same millionaire, Andrew Bridgen, who sought public donations to sue a former Cabinet Minister in Matt Hancock.

How quickly some, conveniently, forget.

Which leads me to issue No. 47 and the 'restrained rant' on the letters page; proof, once again, that you don't know what you don't know.

Regards,

Stanley Dupp
(real name not supplied).

Dear Editor,

The Environment Agency have granted a licence for 150,000 tons annually of hazardous waste to be deposited at a location that they consider to be at risk of flooding and are permitting the operator to be responsible for testing.

Perhaps the Environment Agency don't believe the warnings of global warming and rising sea levels.

The operator is INEOS ChlorVinyls part of the infamous INEOS group, led by Jim Ratcliffe, who have a appalling record – including being found guilty of multiple environment related offences and multiple employment related offences.

The location is Wigg Island (a.k.a. Randle Island) located under the Mersey Gateway Bridge. Can people please contact their MP to challenge this?

Yours sincerely

Mark Bill

Wigg Island

Dear The Light,

I don't know if you are aware but in 2022, the UK's National Health Service announced a list of 35 conditions that GPs would no longer treat. They are deemed to be minor complaints and include acne, coughs, colds, diarrhoea, headaches, indigestion and more.

We are a small group of homeopaths who connected initially through the People's Health Alliance (PHA) and agreed that there was a need for an acute complaints guide for both homeopaths and non-homeopaths. We have focused on these 35 conditions and created an ebook covering suggested treatments for these conditions.

'The 35' offers options for filling the gap left by this NHS decision and we are sharing it with as many people as possible, We are launching this small book in the first week of August, interestingly also the week when the NHS has announced capping on GP appointments.

This ebook is downloadable for free, and it could be something that would be interesting for your readers to have knowledge of.

If you would like further information, a downloadable link which you could share with your readers, or an article for your paper to help inform your readers of these changes taking place, then do not hesitate to contact myself or the other two emails given above.

Thank you for *The Light* and all that you do.

https://the-pha.org/news_events/the-35-press-release/

Pat Bromley

Dear The Light,

So far, together, we've politely endured: ourselves and our family and friends being disabled even murdered by poisons and pretend solutions.

We've been bombarded with proxy wars and insulted and lied to daily, all whilst being goaded into hating each other.

We're continually ordered to financially support deviant predators and hateful invaders, who have been deliberately squeezed into our neighbourhoods by unreasonably elected traitors who represent them against us.

All instead of allowing us to support our brutalised, homeless ex-service heroes and vulnerable elders who freeze to death so their houses can be 'absorbed', while their grandchildren are tricked into physically mutilating themselves forever by the un-elected's paid 'influencers'.

Surely the sky's the limit though? All the above is evil beyond human understanding, but the sky's sacrosanct. Isn't it? It belongs to everyone. Including those yet to be born.

No one – and I mean no one – has the right to even 'touch' it. And let's face facts, these alleged economists may have euphorically enthused they 'own' the science?

But that's just insane. Why? Because we know science is in a constant state of flux.

New theories, evidence, even paradigms are like the proverbial bus.

So we cannot under any circumstances whatsoever allow these arrogant economic criminals to keep destroying the sky and everything below it.

Especially when you consider what an appalling management record they have to date.

The sky is the limit.

Peter Manley

The Uncensored Truth TheLIGHT

A STAND IN THE PARK

May 23 - 26 2025

Stand in the Light

Early Bird Memberships On Sale Now!

£40*

*includes tents & campervans

CHILDREN'S ACTIVITIES WITH HOPE Surrey

4 DAYS OF MUSIC AND GOOD VIBES

LIVE MUSIC • DJS • DANCE TENT • WORKSHOPS

ALL NIGHT ACOUSTIC FIRE PIT

CAMPING BOUNCY CASTLES STALLS FOOD VENDORS

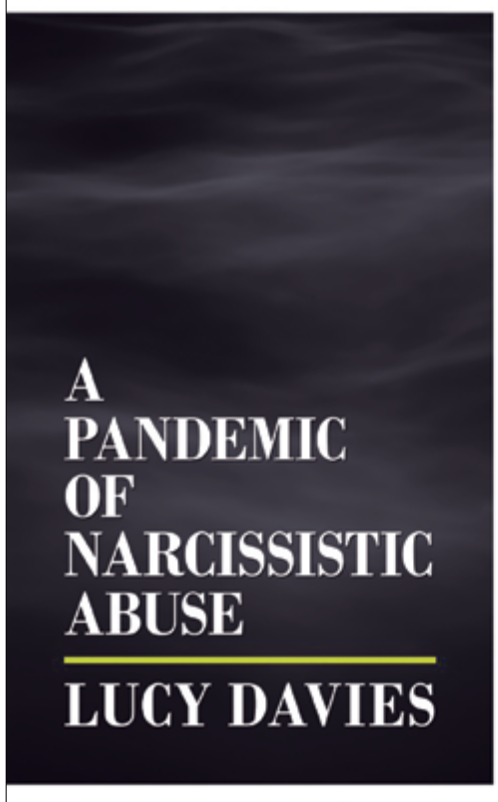
APPLICATIONS NOW OPEN FOR ARTISTS, FOOD VENDORS

STALL HOLDERS, WORKSHOPS & VOLUNTEERS

GILGARRAN nr. WORKINGTON, CUMBRIA www.standinthelight.uk standlight@proton.me

LUCY DAVIES
Nutrition & Naturopathy

Detox plans | Sound healing | Naturopathy shop |
Recipes | Book | Articles | Sovereignty



"Surely not - why on earth would they do that?" ...

This is a book of small, digestible insights into the nature of narcissistic abuse, aka mind control.

How they do it why they do it, how we don't see it, why we go to extreme lengths to deny it and how to deal with it.

Each of the quotes in this book are relatable to any kind of personal abusive relationship with a narcissist, as well as our collective dynamic with the 'powers that be'.

Book available now...
from Amazon or www.lucydaviesnn.com

Instagram @lucydaviesnatnut

DETOX HEAVY METALS & TOXINS

WITH

HERITAGE FARM REMEDIES ZEOLITE DETOX PRODUCTS

heritagefarmremedies.co.uk

for people who care about their health

by people who are on your page

Covid CBDCs
Climate Crisis
USA Crisis
Great Reset
5G UN-WEF etc

We trawl the web so you don't have to

https://www.freecitizen.uk/

Free Citizen UK

Chlorine Dioxide Solution (CDS)

- Strength: 3000ppm
- Made in the UK
- Free shipping around the UK
- Starting at £10.99

Buy online at **buycds.co.uk**
and also at **campingstuff.uk**

Adaptogenic Apothecary

Adaptogens + Medicinal Mushrooms =
Optimised health, well-being and energy

Harmony for perimenopause and Freedom for menopause, award winning and clinically proven to ease symptoms & optimise well-being

Male vitality blend to improve energy, libido, mood & hormonal health

Relieving stress & anxiety, improving sleep, balancing hormones, natures chill pill

Night-time drink to improve the length & quality of your sleep

Dual extract & fruiting body improving mental clarity & gut health

www.adaptogenicapothecary.com

GRANDER WATER REVITALISATION

A Quality Water Solution for the Whole Family

"When we drink Grander Water, it is as if we are refreshing ourselves from a pure mountain spring"

Water & Family Health

Water loses its natural energetic potential when treated with chemicals and pumped through pipes over long distances, causing water to becomes damaged, stagnant less vital and flat to the taste, loosing its natural health giving properties.

- **Choose to have a vibrant healthy water flowing from every tap in your home**
- **The taste and quality of bottled water straight from your tap**
- **Scientifically proven to reduce scale, increase microbiological stability and save on heating costs**

Table top systems from £225 & £1,161 for single tap systems to standard house systems with up to three baths prices from £3,980

WATER IS OUR STRENGTH

GRANDER WATER

Sales Office t: **0333 390 9479**
e: **waterinfo@granderwater.co.uk**

www.granderwater.co.uk

LIONHEART

THE WORDS AND MUSIC OF ANTHONY J. QUINN

You stood firm young man when they began
To try and smash down your defences,
You had a will like iron,
And the heart of a lion
Lion hearts are needed when a war commences.

They seemed so certain the constant coercion
Would make you bend and break,
Sure your soul could be grabbed,
That you would get jabbed,
Their poison you did not drink or take.

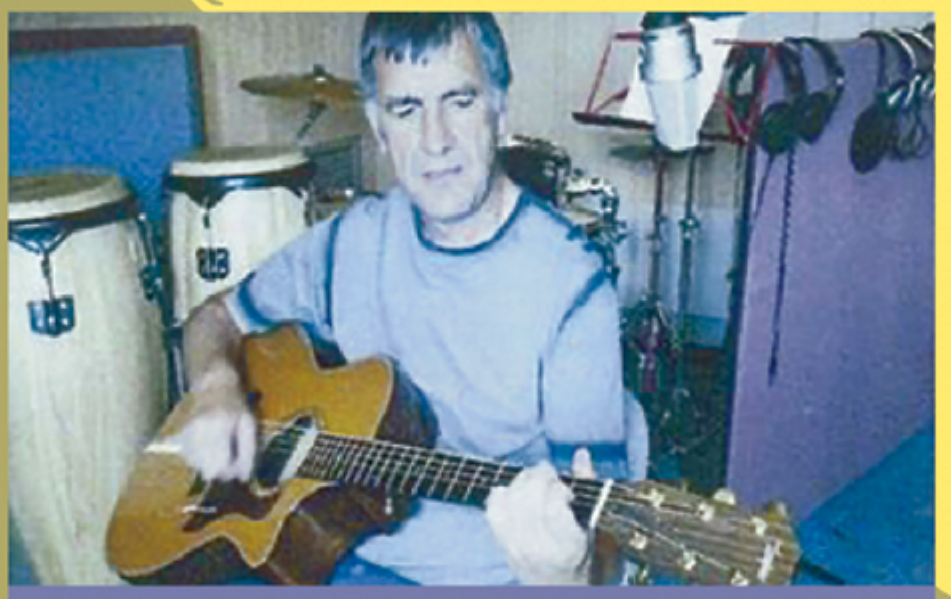
The constant guilt-tripping propaganda dripping
From the MSM and NHS hour by hour,
But you were not asleep
Nor one of the sheep
Too meek to challenge the criminals in power.

"You must protect others, your sisters and brothers
Everyone around you" they incessantly told you,
Your surgery rang you
And tried to harangue you
With government lies they would have sold you.

You were deemed a disgrace, dismissed from your workplace,
Still you refused to yield and surrender,
You did not conform,
And finally weathered the storm
Of an insidious and sinister global agenda.

Now you're still standing, completely undamaged
Sun-tanned and strong, no side effects,
Those who went for the boosters,
Were and will be the losers,
It's the immune system that protects.

Those who clapped on doorsteps, cannot connect,
The dots, of the increase in blood clots,
Nor the sudden deaths rising,
And deceitful disguising
They are the consequences of the shots.



Also, download/stream any or all 20 songs that constitute 'The Words and Music of Anthony J. Quinn' on Amazon, Spotify and most digital music platforms. Additionally, on www.youtube.com and www.facebook.com/anthonyjquinnsongwriter

Contact e-mail rmmprom@hotmail.co.uk

GET READY FOR WINTER

Prepare for what's coming

STOCK UP NOW

Boost your immune system and fight off infection with

ImmunArmour

Specially formulated with 500mgs Vitamin C plus 19 other active ingredients

10% OFF WITH THIS ADVERT – CODE: IA1

Meet us @ The Keeping Well,
39 Commercial Street, Risca, Newport, NP11 6AW

Or go online @https://www.oruaniglobal.com/product/immunarmour/

Consultations Available online & instore @ 01633 847443 or 07766 007975

Four Bed Cottage to rent on Permaculture Farmstead

Unique opportunity to live in a private valley

Beautiful and remote location outside Carmarthen

Private water supply

For information please email:

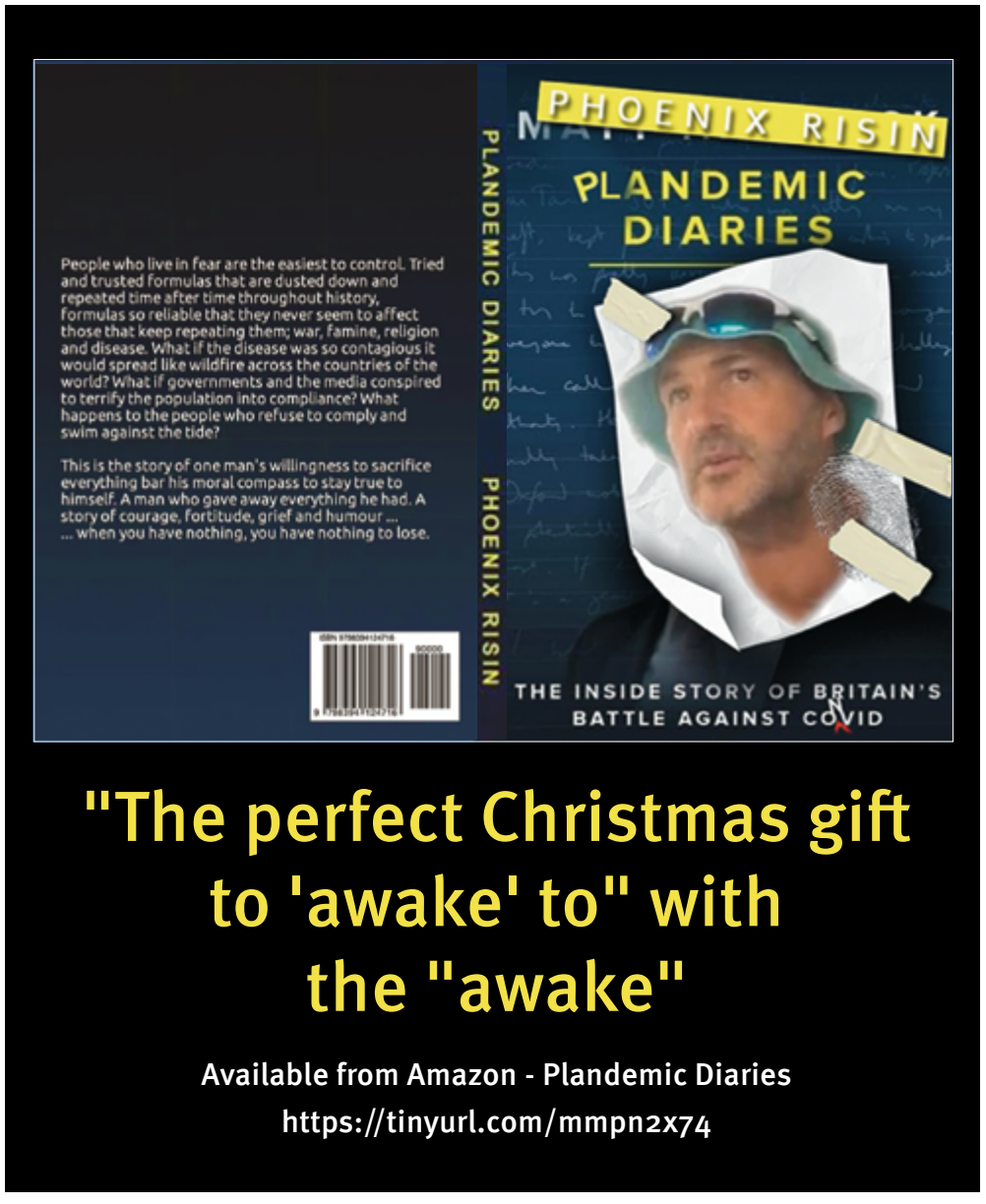
quartzfarm@icloud.com

The Trust Works

All Rights Reserved in Trust Under God

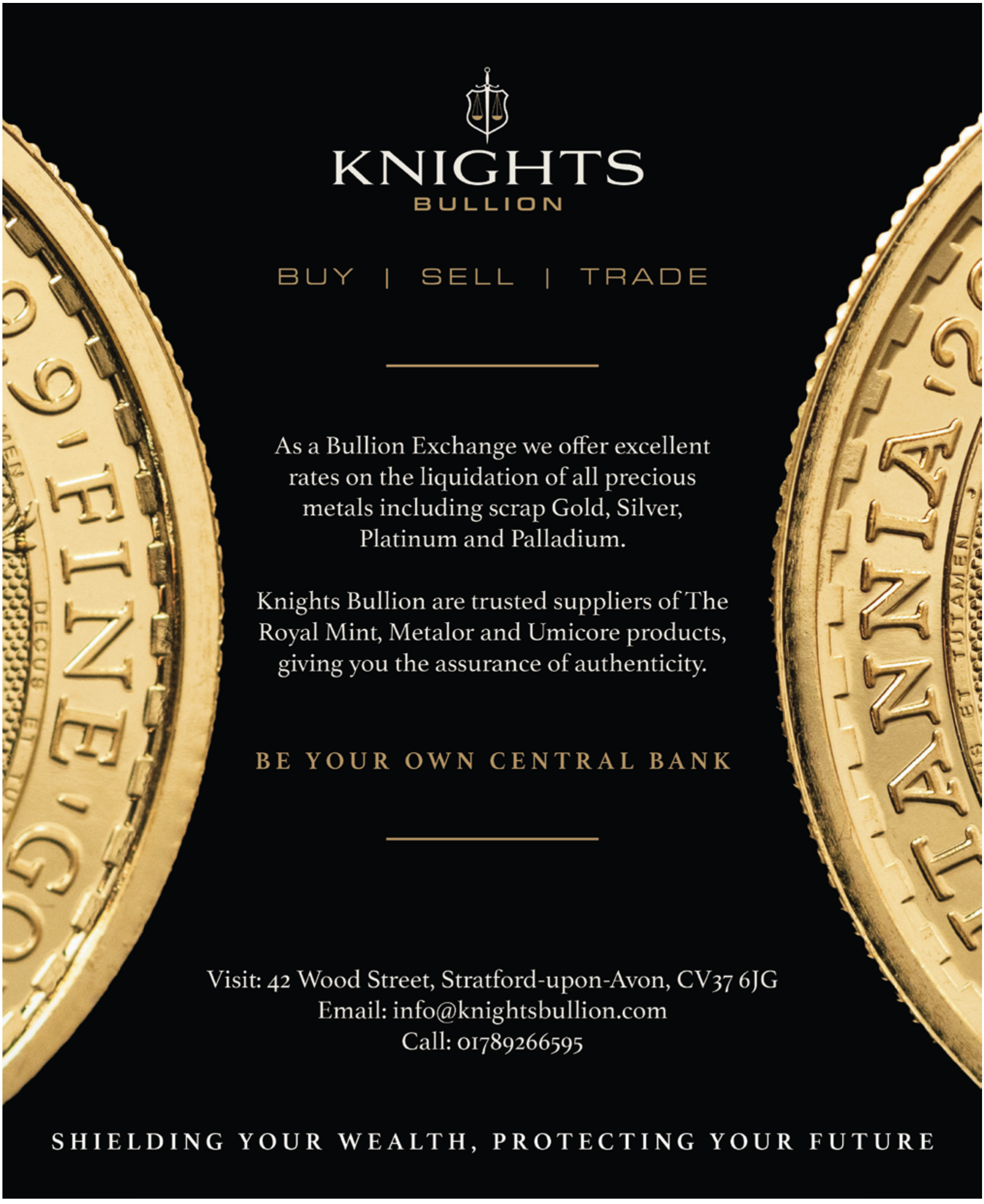
Settle Your Property into Your Own Private Trust. That way You will own Nothing, Control Everything and be Very Happy about it! **What You don't Own, Can't be taken away from You.**

www.thetrustworks.co.uk



"The perfect Christmas gift to 'awake' to" with the "awake"

Available from Amazon - Plandemic Diaries
https://tinyurl.com/mmpn2x74



This Light Paper is distributed by: